



Prince Henry's  
Grammar School

**SIXTH FORM**

# Physical Education

**Course Leader:** Mr D Curtis

## Why Study Physical Education?

If you are considering a course in sport or physical education at university and anticipate pursuing a career in either, then studying A Level PE will provide you with a sound base. As well as an in-depth theory element, you will be able to develop your practical skills in a range of sporting roles.

The close link between the theory and the practical elements of the course will help you to develop your own performance as well as your ability to observe, analyse and correct other performers in a variety of physical activities. Our A Level Physical Education qualification allows students to play to their strengths and gain dynamic theoretical and practical skills for further education or work.

## Course Content and Assessment

The A Level course is comprised of three units:

### Unit 1 - Factors affecting participation in physical activity and sport (Exam, 35%)

- Applied anatomy and physiology
- Skill acquisition
- Sport and society

### Unit 2: Factors affecting optimal performance in physical activity and sport (Exam, 35%)

- Exercise physiology and biomechanics
- Sport psychology
- Sport and society and technology in sport



### **Unit 3 - Practical performance in physical activity and sport (Internal assessment with external moderation, 30%)**

Student assessed as a performer or coach in the full-sided version of one activity.  
In addition, written/verbal analysis of performance.

### **Progression Routes**

Studying A Level PE will prepare you for studying a wide variety of courses in higher education including Sports Science, Sports Studies, Leisure Management, Qualified Teacher Status degrees, Sports Therapy, Physiotherapy and many other combinations.

Many opportunities in the Sport and Fitness industry exist such as working in a football club, working within a local gym, forming a career as a sports scientist or sports therapy.

### **Entry Requirements**

In order to cope with the demands of the course, students should have gained at least Grade 5 in GCSE PE and grade 4 in English and 5 in Science. In addition, students need to be a good performer in at least one sport and participate in a sport on a regular basis.