



Bloxham School

Physical Education

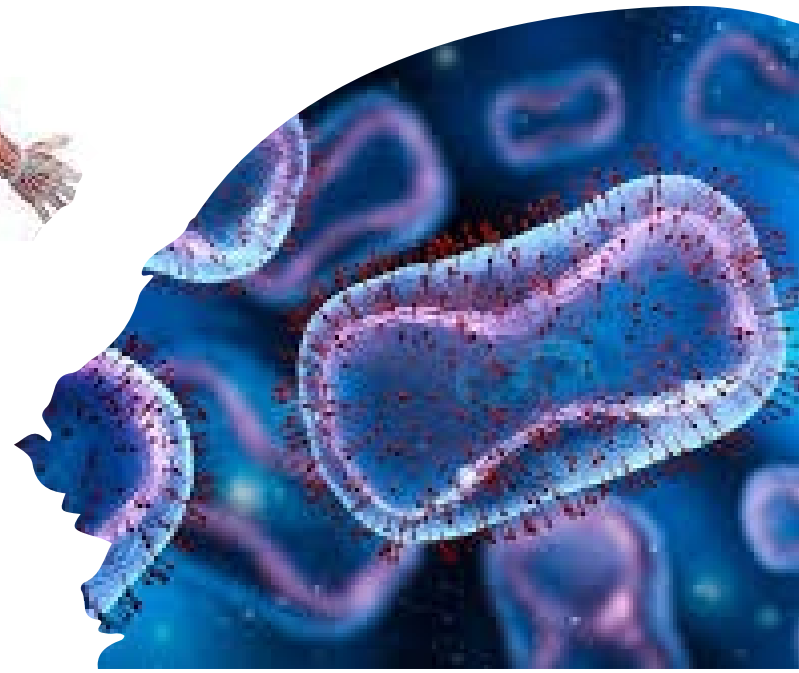




A Level PE

Why choose this subject?

- A Level PE is one of the most diverse subjects at A Level
- A Level PE also offers a practical element, where students are assessed in their chosen sport
- The course is challenging but it also brings the theories and science behind sport to life, which makes it a very interesting and engaging subject for many students



The nature of the course



Content Overview	Assessment Overview	
<ul style="list-style-type: none"> Applied anatomy and physiology Exercise physiology Biomechanics 	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	30% of total A level
<ul style="list-style-type: none"> Skill acquisition Sports psychology 	Psychological factors affecting performance (02)* 60 marks 1 hour written paper	20% Of total A level
<ul style="list-style-type: none"> Sport and society Contemporary issues in physical activity and sport 	Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour written paper	20% of total A level
<ul style="list-style-type: none"> Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI) 	Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)	30% of total A level

3x Exams

3x Papers applying all your knowledge over 2 years of the course

1x Practical sport not the 3 like GCSE

1x Sport Performance Review

Performance in Physical Education – Practical - 15%

- Moderation day for your sport
15%
- Your practical ability – marked
out of 30.
- Video footage required





Verbal coursework -15%

- Live recording of a peer
- Oral response to analyse and critic their performance
- 15% of Course – 30 marks

What do we expect from candidates?

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- A high standard in at least one sport
 - A grade 6 or above in Biology is helpful
 - A GCSE in PE is preferable
 - A desire to learn sport as a whole – fully immersive course



With which subjects can it be combined?

- **Biology** – Ideal for the anatomy and physiology side of the course
- **Psychology** – Assists the sports psychology and skill acquisition aspect of the course
- **Mathematics** – the data aspect of sports analytics – Sports clubs now employ a data analyst to look at metres covered in a game
- **Physics** – Biomechanics of movement and objects



Higher Education and Careers?



- PE Teacher
- Physiotherapy
- Sports Coaching
- Sports Business Development
- Sports Analyst
- Sports Psychologist
- Sports Scientist
- Strength and Conditioning



BTEC National Extended Certificate - Sport

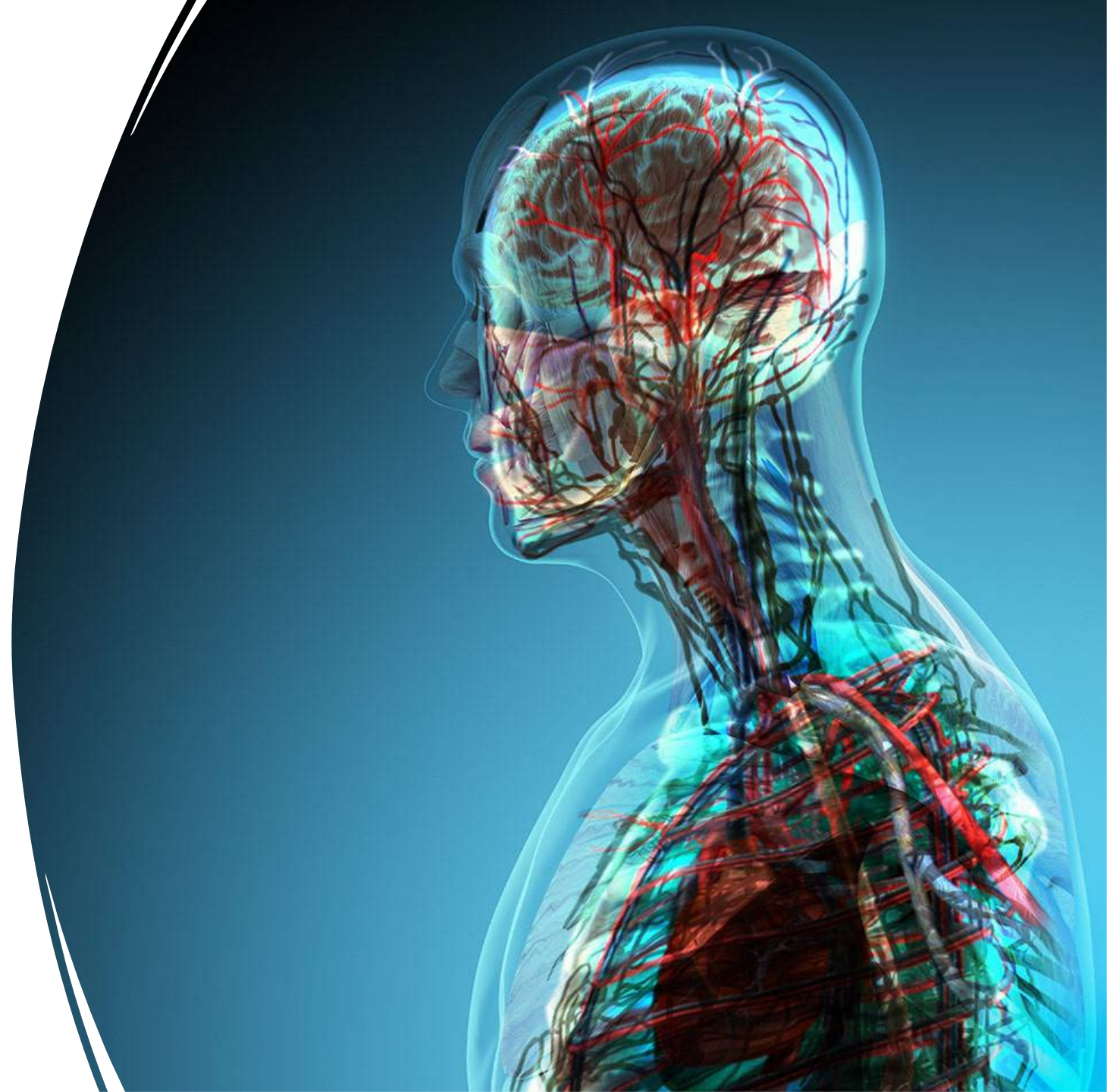
BTEC Sport – National Level 3



UNIT	UNIT TITLE	GUIDED LEARNING HOURS	HOURS PER WEEK	ASSESSMENT METHOD
1	Anatomy and Physiology	120	3.5	External
2	Fitness Training and programming for health, sport and well being	120	3.5	External
3	Professional development in the Sports Industry	60	3.5	Internal
5	Application of fitness testing	60	3.5	Internal

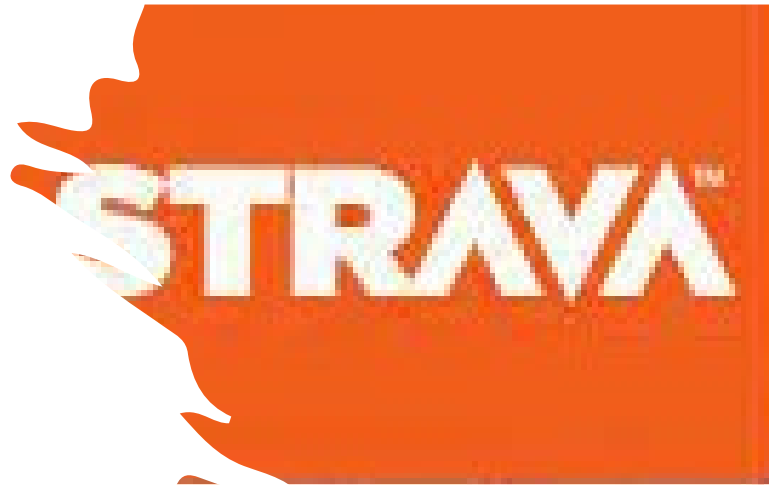
Anatomy and Physiology

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Energy systems
- Inter relationship between systems



Fitness training for programming health, sport and well being

- Lifestyle factors
- Barriers to a healthy lifestyle
- Diet and nutrition
- Exercise
- Stress
- Programming



Professional development in the sports industry

- CV writing
- Understanding multiple jobs in the sports industry
- Work experience
- Development of pathways into chosen sports job



Application of Fitness testing

- Client PARQ
- Carrying out fitness test including – sprints, Illinois, 1RPM etc.
- Advantages and disadvantages of tests relative to your client and their sporting needs



BTEC – Coursework/Exam break down

1st Year of BTEC

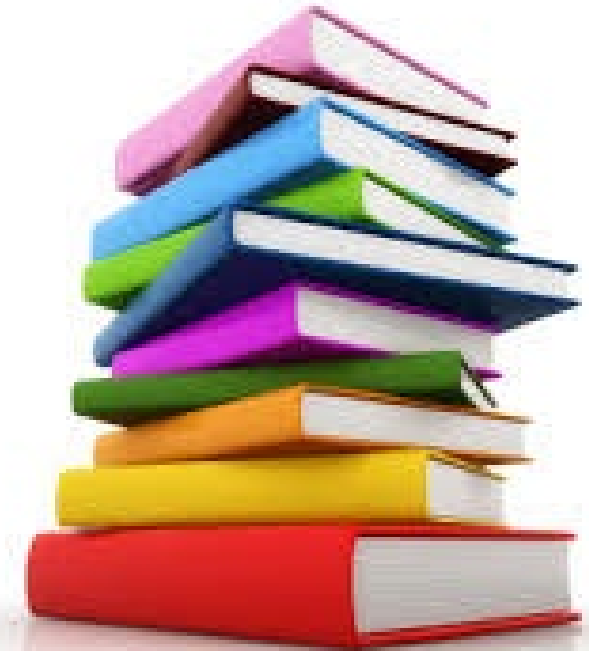
Unit 1 – A+P (Exam based)

Unit 2 Fitness training for health and programming (Exam based)

2nd Year of BTEC

Unit 5 – Application of Fitness testing (Coursework)

Unit 3 – Professional development in the sports industry (Coursework)



Exam attempts



Unit 1 (Anatomy and Physiology)

- Unit 1 – June of 1st Year (1st Attempt)
- Unit 1 – Jan of 2nd Year (2nd Attempt)
- Unit 1 – June of 2nd Year (3rd Attempt)

Unit 2 (Fitness training for programming health, sport and well-being)

- Unit 2 – Jan of 1st Year (1st Attempt)
- Unit 2 – June of 1st Year (2nd Attempt)
- Unit 2 – Jan of 2nd Year (3rd Attempt)

Post Bloxham School

- Leeds
- Exeter
- Leeds Beckett
- Nottingham Trent



Undergraduate BSc (Hons)

AVAILABLE IN CLEARING

SUBJECTS

SPORT AND EXERCISE SCIENCE

Help improve people's sporting performance and health through the study of human movement and activity.

OPEN DAYS

APPLY NOW

