

# A—LEVEL PHYSICAL EDUCATION

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**Physical Education is an active subject where pupils are encouraged to contribute positively in all lessons. There are opportunities for pupils to take part in practical sessions, though the main focus is on theoretical sessions.**

Physical Education has been a successful A level subject for a number of years. Over the two years there are a range of topics covered, this provides the students with a broad range of knowledge about the different areas in Physical Education and Sport. Students can go on to study Physical Education and/or sport at higher education. They can also pursue a career in sport e.g. Sports coaching.



## Get in Touch

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## **What will I study?**

This is a theory based course where all lessons in school will take place in a theoretical setting. Candidates will study the anatomy and physiology of the human body, as well as studying biomechanics and how technology impacts on sports performance. You will also study psychological elements and the impact of the brain on sports performance, as well as the history of sport and how society impacts on the sports that we participate in.

## **How will I be assessed?**

There are three elements of assessment that take place during A Level Physical Education. The first two elements of assessment take place via external examinations, with the third element based on your knowledge of one sport and your practical ability. It is set out as follows:

- 35% exam based on Physiological Factors Affecting Performance.
- 35% exam based on Psychological and Socio Cultural Themes in Physical Education.
- 30% based on performance in Physical Education. This involves being assessed on your sporting ability in one sport whilst also completing a verbal assessment where you link the theory element of the course to your chosen sport.

## **Personal Qualities**

It is essential that you have an interest in the human body and how it alters during sports performance. You will need to remember a lot of key information such as the location of 38 different muscles in the body, and so it is vital that you are prepared to work hard outside of the lesson to help develop your knowledge of the subject.

## **Career Prospects**

Physical Education is a scientific course linked to exercise, so there are a number of careers that are linked to this area. This is an ideal course for a person who wishes to become a physiotherapist or an exercise physiologist. It would help someone who wants to have a career in sport or is interested in working in the leisure industry, as a personal trainer for example. A number of our former students have gone to university to study Sports Science and then gone on to be full time coaches or teachers.

