



# A Level Physical Education

## AIMS OF THE COURSE

This course builds on the student's experience from Key Stage 4 and GCSE to enhance their knowledge and increase their understanding of the factors that affect performance and participation in physical education.

The qualification looks to equip the students with skills and knowledge required for higher education and the world of work.

## COURSE CONTENT AND SKILLS REQUIRED

The specification offers students the opportunity to experience and develop an interest in a variety of roles in sport such as performer and coach.

The content of the course will address current contemporary topics such as the impact of the use of ergogenic aids and technology and the increased commercialisation of sport. The specification also covers a variety of topics within the broad categories of sport psychology, physiology and biomechanics.

Prior experience of coaching would offer a distinct advantage to students, as would an ability to play at least one sport to a high standard.

## ASSESSMENT PROCEDURES

Students will sit two written exams and will also be assessed as a performer or coach in a practical activity.

### ***Paper 1: Factors affecting participation in physical activity and sport***

- 35% of A Level
- 2 hour written examination
- 105 marks
- Section A: Applied anatomy and physiology
- Section B: Skill acquisition
- Section C: Sport and society
- Each section is worth 35 marks and includes multiple choice, short answer and extended writing questions.

### ***Paper 2: Factors affecting participation in physical activity and sport***

- 35% of A Level
- 2 hour written examination
- 105 marks
- Section A: Exercise physiology and biomechanics
- Section B: Sport psychology
- Section C: Sport and society and technology in sport
- Each section is worth 35 marks and includes multiple choice, short answer and extended writing questions.

### ***Non-exam assessment: Practical performance in physical activity and sport***

- 30% of A Level
- Internal assessment, external moderation
- 90 marks
- Students are assessed as a performer or coach in the full sided version of an activity from the approved list.
- Students will also be required to produce a written/verbal analysis of performance

## CAREER OPPORTUNITIES

The course is perfect for anybody wishing to pursue a career in the sport or leisure industry and also provides a knowledge base for anybody wishing to study a sport-related degree at university.

## COURSE ENTRY REQUIREMENTS

In addition to the minimum entry requirements for Level 3 academic study, students are required to have a grade 6 in GCSE PE or a Merit in CNAT Sport. Please note that due to the high theory weighting at A Level, it is strongly recommended that students have achieved at least a grade 6 in the theory element of their GCSE and are not over-reliant on their strong practical skills supporting their overall grade 6.

For further information visit: [www.aqa.org.uk](http://www.aqa.org.uk)

# Cambridge Technical Level 3 Diplomas in Sport & Physical Activity

## AIM OF THE COURSE

This exciting course aims to allow students who have an interest in sport and exercise to specialise in this area. The course focuses on the vocational and practical aspects of working within the sports sector. This course will give you the necessary skills to go to university or gain employment within the sports industry. This modular course is available for you to study in “single”, “double” or “triple” options.

## COURSE CONTENT

The OCR CTEC Level 3 Sport and Physical Activity course will be completed over a two-year period.

## ASSESSMENT PROCEDURES

The course is assessed by the submission of coursework, practical assessments, examinations and exam board assessed assignments.

<b>SINGLE (1 A-LEVEL)</b>	<b>DOUBLE (2 A-LEVELS)</b>	<b>TRIPLE (3 A-LEVELS)</b>
<b><i>Extended Certificate</i></b> <b>360 GLH</b>	<b><i>Diploma</i></b> <b>720 GLH</b>	<b><i>Extended Diploma</i></b> <b>1080 GLH</b>
1 - Body systems and the effects of Physical Activity – 90 GLH (Exam) Year 12/13	1 - Body systems and the effects of Physical Activity – 90 GLH (Exam) Year 12/13	1 - Body systems and the effects of Physical Activity – 90 GLH (exam) Year 12/13
2 - Sports Coaching and Activity Leadership – 90 GLH Year 13	2 - Sports Coaching and Activity Leadership – 90 GLH Year 13	2 - Sports Coaching and Activity Leadership – 90 GLH Year 13
3 - Sports Organisation and Development – 60 GLH (Exam) Year 13	3 - Sports Organisation and Development – 60 GLH (Exam) Year 13	3 - Sports Organisation and Development – 60 GLH (Exam) Year 13
17 - Sports Injuries and Rehabilitation – 60 GLH Year 12	17 - Sports Injuries and Rehabilitation – 60 GLH Year 12	17 - Sports Injuries and Rehabilitation – 60 GLH Year 12
19 - Sport and exercise psychology – 60 GLH Year 12	19 - Sport and exercise psychology – 60 GLH Year 12	19 - Sport and exercise psychology – 60 GLH Year 12
	4 - Working safely in sport, exercise, health and leisure – 90 GLH (Exam) year 12/13	4 - Working safely in sport, exercise, health and leisure – 90 GLH (Exam) Year 12/13
	5 - Performance analysis in sport and Exercise – 60 GLH Year 12/13	5 - Performance analysis in sport and Exercise – 60 GLH Year 12/13
	8 - Organising a sports event – 60 GLH Year 12/13	8 - Organising a sports event – 60 GLH Year 12/13
	11 - Physical Activity for Specific Groups – 30 GLH Year 12/13	11 - Physical Activity for Specific Groups – 30 GLH Year 12/13
	13 - Health and Fitness Testing for Sport and Exercise – 60 GLH Yr13	13 - Health and Fitness Testing for Sport and Exercise – 60 GLH Year 12/13
	18 - Practical Skills in Sport and Physical Activities – 60 GLH Year 12/13	18 - Practical Skills in Sport and Physical Activities – 60 GLH Year 12/13
		7 - Improving fitness for sport and physical activity – 60 GLH Year 12/13
		10 - Biomechanics 60 GLH Year 12/13
		12 - Nutrition and diet for sport and Exercise – 30 GLH year 12/13
		14 - Working in active leisure facilities – 60 GLH Year 12/13
		20 - Sport and exercise sociology – 60 GLH Year 12/13
		21 - The Business of Sport – 90 GLH (Exam) Year 12/13

## CAREER OPPORTUNITIES

You can use the UCAS points you have gained to apply to Higher Education or choose to seek employment. All candidates will be well prepared to study sports related degrees or seek employment in the sport industry.

## ENTRY REQUIREMENTS

The minimum entry requirements for Level 3 applied programmes.