

PHYSICAL EDUCATION

Physical Education is an exciting subject which combines a students' physical prowess with the academic knowledge. The specification provides an excellent foundation for careers in teaching, coaching, sports development, recreational management, the health, leisure and fitness industry, professional sport and physiotherapy. The course is 60% theory and 40% practical. The A level in physical education provides a coherent combination of four areas of study:

- 1. Exercise physiology, performance analysis and training**
- 2. Sport psychology**
- 3. Skill acquisition**
- 4. Sport and society**

Any of the areas of study can be assessed in any of the units. The content can be assessed in units 1 and 3 as part of the written examinations and in units 2 and 4 as part of the analysis and evaluation of performance. The specification enables learners to understand the inter-relationships between the areas of study and apply them in a variety of contexts.

This specification is divided into a total of 4 units, 2 AS units and 2 A2 units.

AS Unit 1: Exploring physical education

AS Unit 2: Improving personal performance in physical education

A2 Unit 3: Evaluating physical education

A2 Unit 4: Refining personal performance in physical education



The A level in physical education will enable learners to:

- ◆ develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- ◆ understand how physiological and psychological states affect performance
- ◆ understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- ◆ understand the role of technology in physical activity and sport
- ◆ refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- ◆ develop their ability to analyse and evaluate to improve performance
- ◆ understand the contribution which physical activity makes to health and fitness
- ◆ improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

BTEC LEVEL 3 NATIONAL DIPLOMA IN SPORTS COACHING AND DEVELOPMENT

At Key Stage 5 we offer the BTEC Level 3 National Diploma in Sports Coaching and Development, which is broadly equivalent to two A levels (A*-E).

This specification provides learners the opportunity to enter employment in the sport and active leisure sector or to progress to higher education vocational qualifications such as the BTEC Higher Nationals in Sport or related areas. It gives learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life.

Students must complete seven units, of which six are mandatory units. Each unit has a Guided Learning Hours (GLH) value of 60, 90 or 180. For this qualification, the total value is 720 GLH.



UNIT TITLE	UNIT SIZE Guided Learning Hours (GLH)	UNIT CHOICE
Careers in the Sport and Active Leisure Industry	90 GLH	Mandatory
Health, Wellbeing and Sport	90 GLH	Mandatory
Developing Coaching Skills	180 GLH	Mandatory
Applied Coaching Skills	180 GLH	Mandatory
Sport Development	60 GLH	Mandatory
Self-employment in Sport and Physical Activity	60 GLH	Mandatory
Sports Psychology	60 GLH	Optional
Nutrition for Physical Performance	60 GLH	Optional
Anatomy and Physiology in Sport	60 GLH	Optional
Sporting Injuries	60 GLH	Optional
Rules, Regulations and Officiating in Sport	60 GLH	Optional
Practical Sports Application	60 GLH	Optional
Influence of Technology in Sport and Physical Activity	60 GLH	Optional
Organising Events in Sport and Physical Activities	60 GLH	Optional
School Sport Delivery	60 GLH	Optional