

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 interrelationships 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 DIPLOMA IN SPORT (DEVELOPMENT, COACHING & FITNESS)

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

The Sport specification has been developed to provide learners the opportunity to enter employment in the sport and active leisure sector or to progress to higher education vocational qualifications such as the Edexcel 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 8 mandatory units and are allowed to select 5 optional units that reflect their aspirations and the diverse nature of the sport sector.



Units Studied	Credit Value	Unit Choice
Unit 1: Principles of Anatomy & Physiology in Sport	5	Mandatory
Unit 2: The Physiology of Fitness	5	Mandatory
Unit 3: Assessing Risk in Sport	10	Mandatory
Unit 4: Fitness Training & Programming	10	Mandatory
Unit 5: Sports Coaching	10	Mandatory
Unit 6: Sports Development	10	Mandatory
Unit 7: Fitness Testing for Sport and Exercise	10	Mandatory
Unit 8: Practical Individual Sports	10	Mandatory
Unit 10: Outdoor & Adventurous Activities	10	Optional
Unit 11: Sports Nutrition	10	Optional
Unit 13: Leadership in Sport	10	Optional
Unit 14: Exercise, Health and Lifestyle	10	Optional
Unit 18: Sports Injuries	10	Optional