

Carshalton Boys A level

Physical Education

The aim of the Physical Education A Level course is to develop physical competence, gain understanding on the structure of the body and how physical activity can affect elements of it. Students develop knowledge on how we learn skills and the psychological factors that affect performance. Finally, they will nurture their physical and evaluation skills in a practical capacity.

An active role in competitive sport inside and outside of school is required.

It is expected that all students read around the subject content to have a full understanding required before and after the lesson as well as contribute to the A Level classroom discussions. This should be conducted in an independent fashion demonstrating a high level of self motivation.

This course can lead to a career in exercise physiology, sports nutrition, fitness director, sports psychology, cardiac rehab or PE teaching.

This course combines well with A Levels in Biology, English Literature and Psychology.

'From my current PE course, I have already gained thorough knowledge which will be invaluable concerning my job opportunities after higher education. The learning we are exposed to is both interactive and enjoyable'.

ASSESSMENT and CONTENT

The course is split into four Units over two years.

01 Physiological factors affecting performance (Year 1 & Year 2)	
Applied Anatomy and Physiology	Exercise Physiology
Biomechanics including technology in sport	
02 Psychological and socio-cultural themes in physical education (Year 1)	
02 Psychological factors affecting performance (Year 2)	
Skill acquisition	Sports Psychology
Sport & society	
03 Performance in Physical education (Year 1)	
04 Performance in Physical education (Year 2)	
Performance & coaching	Evaluation of performance for improvement
03 Socio-cultural issues in physical activity and sport (Year 2)	
Sport & society	Contemporary issues in physical activity and coaching

The course requirements...

Grade B/6 or higher in GCSE PE (or Distinction or higher at BTEC), English Language and in Science. Must be participating regularly in at least one sport which will be externally moderated..