
GCE PE 2016 Mapping Document: Pearson 2008 Specification to the New Pearson 2015 Specification

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Comparing the existing 2008 Pearson GCE Physical Education specification to the new 2016 Pearson specification

Introduction

This document is designed to help centres compare the existing 2008 Pearson GCE Physical Education specification (9PE01) with the 2016 Pearson GCE Physical Education specification.

The document initially provides an overview of the 2016 Pearson PE A Level and a list of the key changes; subsequent tables then seek to compare the two specifications and highlight areas of similarity and difference. This information should help centres understand where existing (2008) content is present in the 2016 Pearson specification and also where the 2016 Pearson specification incorporates material that is not covered in the previous specifications.

Our free support includes:

- a dedicated PE Adviser, Penny Lewis
- additional GCE Physical Education specimen papers
- student exemplars with assessment commentary
- mock marking training
- Getting Started Guide and course planners
- schemes of work and topic guides for every topic
- Getting Ready to Teach training events (GRTT).

The 2016 Pearson A Level PE specification is split into four content components.

Component 1: Scientific Principles of Physical Education

(*Component code: 9PE0/01)

Written examination: 2 hours and 30 minutes

40% of the qualification

140 marks

Content overview

- Topic 1: Applied anatomy and physiology
- Topic 2: Exercise physiology and applied movement analysis
Biomechanics is embedded within the content of Topics 1 and 2.

Assessment overview

- Students must answer all questions.
- The assessment comprises two sections: Section A – Applied anatomy and physiology and Section B – Exercise physiology and applied movement analysis.
- The assessment consists of short answer, long answer and extended answer questions.

- Calculators can be used in the assessment.

Component 2: Psychological and Social Principles of Physical Education

(*Component code: 9PE0/02)

Written examination: 2 hours

30% of the qualification

100 marks

Content overview

- Topic 3: Skill acquisition
- Topic 4: Sport psychology
- Topic 5: Sport and society

Assessment overview

- Students must answer all questions.
- The assessment comprises two sections: Section A – Skill acquisition and sport psychology and Section B – Sport and society.
- The assessment consists of short answer, long answer and extended answer questions.
- Calculators can be used in the assessment.

Component 3: Practical Performance (*Component code: 9PE0/03)

Non-examined assessment: internally assessed, externally moderated

15% of the qualification

40 marks

Content overview

- Skills performed in one physical activity as a player/performer
OR
- Skills performed in one physical activity as a coach

Assessment overview

- It is recommended that the minimum duration for the student activity is approximately 54 hours, combining preparation and the assessed performance.
- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students completing one physical activity from the set list in the *Practical Performance Assessment Guide*.
- Students can be assessed in either the role of player/performer or coach.
- As a player/performer, students will be assessed against set assessment criteria which can be found in the *Practical Performance Assessment Guide*. There is separate assessment criteria for each physical activity. Generic assessment criteria is on *pages 31–35* of the specification.
- As a coach, students will be assessed against set assessment criteria which can be found on *pages 36–41* of the specification and in the *Practical Performance Assessment Guide*.

Component 4: Performance Analysis and Performance Development Programme

(*Component code: 9PE0/04)

Non-examined assessment: internally assessed, externally moderated
15% of the qualification
40 marks

Content overview

- Topic 1: Applied anatomy and physiology
 - Topic 2: Exercise physiology and applied movement analysis
 - Topic 3: Skill acquisition
 - Topic 4: Sport psychology
- Biomechanics is embedded within the content of Topics 1 and 2.

Assessment overview

- Carrying out and producing the Performance Analysis and PDP may take place over multiple sessions up to a combined duration of 54 hours.
- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students producing a Performance Analysis and then developing a Performance Development Programme.
- Students can be assessed in either the role of player/performer or coach.
- As a player/performer and coach students will be assessed against set assessment criteria which can be found on *pages 50–59* of the specification. There is separate assessment criteria for the Performance Analysis and the Performance Development Programme.

Key changes:

- Assessment is linear
- Quantitative skills in line with Ofqual requirements represents 5% of the A Level assessment
- Increased content in line with Department for Education requirements; most notably in Applied anatomy and physiology, Exercise physiology and applied movement analysis, Skill acquisition
- Significant reduction in amount of Non Examined Assessment
- Reduction from two to one practical performance
- No option of performance in the role of an official

Summary of assessment arrangements

| Pearson 2008 | Pearson 2016 |
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| Written exam – 1 hour 30 minutes (25%) Moderated coursework (25%) Written exam – 2 hours (25%) Moderated coursework (25%) | Written exam – 2 hours and 30 minutes (40%) Written exam – 2 hours (30%) Moderated Practical assessment (15%) Moderated Performance analysis and Performance Development Programme (15%) |

Overview of content

| Pearson 2008 Specification | Pearson 2016 Specification |
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| Unit 1 | Component 1 |
| Topic 1.1 – Healthy and active lifestyles <ul style="list-style-type: none"> • The development of active leisure and recreation • Healthy lifestyles • Effects of exercise • Fitness and training • Fitness assessment | Topic 1 – Applied anatomy and physiology <ul style="list-style-type: none"> • Muscular skeletal system • Cardio-respiratory system and cardiovascular systems • Neuro-muscular system • Energy systems: fatigue and recovery |
| Topic 1.2 – Opportunities and pathways <ul style="list-style-type: none"> • The development of competitive sport • Performance Pathways • Lifelong involvement • The long term athlete | Topic 2 – Exercise physiology and applied movement analysis <ul style="list-style-type: none"> • Diet and nutrition and their effect on physical activity and performance • Preparation and training methods in relation to maintaining and improving physical activity and performance • Injury prevention and the rehabilitation of injury • Linear motion • Angular motion • Projectile motion • Fluid mechanics |
| Unit 2 | Component 2 |
| Topics 2.1,2.2,2.3 and 2.4 – Practical performance and independent research into structure, provision and analysis of sport <ul style="list-style-type: none"> • Two performances from a choice of three roles (player/participant, leader or official) • Local study • National study • Analysis of Performance | Topic 3 – Skill acquisition <ul style="list-style-type: none"> • Coach and performer • The classification and transfer of skills • Learning theories • Practice methods • Guidance • Feedback • Memory models |

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| <p>Unit 3</p> | <p>Topic 4: Sport Psychology</p> <ul style="list-style-type: none"> • Factors that can influence an individual in physical activities • Dynamics of a group/team and how they can influence the performance of an individual and/or a team • Goal setting • Attribution theory • Confidence and self-efficacy • Leadership |
| <p>Topic 3.1: Short term preparation</p> <ul style="list-style-type: none"> • Short-term physiological preparation • Short-term psychological preparation • Short-term technical preparation • Fatigue and recovery process | <p>Topic 5: Sport and society</p> <ul style="list-style-type: none"> • Factors leading to the emergence and development of modern day sport • Globalisation of sport • Commercialisation of sport • Ethics and deviance in sport • The relationship between sport and media • Development routes from talent identification through to elite performance • Participation and health of the nation |
| <p>Topic 3.2: Long term preparation</p> <ul style="list-style-type: none"> • Long-term preparation • Long-term psychological preparation • Long-term technical preparation | <p>Component 3</p> <p>Practical performance</p> <ul style="list-style-type: none"> • Practical performance in one physical activity, in the role of either player/performer or coach, from a set list outlined in the specification |
| <p>Topic 3.3: Managing elite performance</p> <ul style="list-style-type: none"> • Centres of excellence • Technical support | <p>Component 4</p> <p>Performance analysis and Performance Development Programme</p> <ul style="list-style-type: none"> • Performance analysis in the role of either player/performer or |
| <p>Unit 4</p> | |
| <p>Topics 4.1,4.2,4.3 and 4.4 – Practical performance and independent research into structure, provision and analysis of sport</p> <ul style="list-style-type: none"> • Development Plan • International study • One performances from a choice of three roles (player/participant, leader or official) • Life Plan | |
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| | <p>coach in order to analyse and evaluate the effectiveness of their own performance</p> <ul style="list-style-type: none"> • The Performance Development Programme in the role of player/performer or coach in order to plan, perform and record and then evaluate a programme to optimise personal performance |
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Detailed comparison

| 2008 content | 2016 content | New content for Pearson 2016; not in 2008 | Content in Pearson 2008 but not in Pearson 2016 |
|------------------------------------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| <p>1.1 - Effects of exercise 3.1 - Short term physiological preparation</p> | <p>Topic 1 – Applied anatomy and physiology</p> | <ul style="list-style-type: none"> + Names of muscles and bones + The stretch-shortening cycle + Concepts of agonist, prime mover, antagonist, fixator + Levers + Newton's Laws of Motion + Calculations of force + Structure and function of respiratory system + Physiology of respiratory system + Respiratory values and capacities + Anatomical components and structure of cardiovascular system + Characteristics of fibre types + Fibre recruitment patterns + Anatomy of neuro-muscular system + Physiology of muscular contraction + The principle of the energy continuum around athletic running events | |

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| <p>1.1 - Fitness and Training 3.2 - Long term physiological preparation</p> | <p>Topic 2 – Exercise physiology and applied movement analysis</p> | <ul style="list-style-type: none"> + Identified fitness tests + Interpreting, calculating and presenting data + Acute injuries + Chronic injuries + Prevention of injuries + Rehabilitation from injuries + Linear motion (applications of definitions, calculations and plotting, labelling and interpreting graphs) + Angular motion (application of angular motion, factors affecting, moments of inertia, conservation during flight) + Projectile motion (forces during flight, factors that determine horizontal displacement, technique modification) + Fluid mechanics (factors affecting fluid friction and air resistance, lift forces, types of spin, fluid mechanics and technical advancements) | <p>X Health, fitness and exercise X Nutrition and weight management</p> |
| <p>Unit 2.4 -Analysis of Performance</p> | <p>Topic 3 – Skill acquisition</p> | <ul style="list-style-type: none"> + Coach and performer (coaching styles) + The classification and transfer of skills + Learning theories + Practice methods + Guidance + Feedback + Memory models | |
| <p>3.1 - Short term psychological preparation</p> | <p>Topic 4 - Sport Psychology</p> | <ul style="list-style-type: none"> + Personality theories + Interactionist theory | |

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| 3.2 - Long term psychological preparation | | + Wood's Triadic Model + Leadership – importance of, styles, theories | |
| Unit 1.1 Healthy and Active Lifestyles Unit 3.1 – Short term technical preparation Unit 3.2 – Long term technical preparation Unit 3.3 – managing elite performance | Topic 5 - Sport and society | + Migration patterns of sporting labour + Franchises in sport (UK and USA) + The relationship between sport and media | X Requirements for participation X Concepts of recreation and active leisure X Comparative cultures X Balanced lifestyle X Effects of ageing |
| Unit 2.1 -Personal Performance Unit 4.3 -Progressive participation | Component 3 - Practical performance | + Only one activity to be assessed (player/performer or coach) | X Reduced range of activities X One activity to be assessed X Officiating no longer an option |
| Unit 2.2, 2.3,2.4: Local study, National study, Analysis of Performance Units 4.1, 4.2, 4.4: Development Plan, International Study, Life Plan | Component 4 - Performance analysis and Performance Development Programme | | X Local Study X National Study X International Study X Life Plan X Significantly reduced Analysis of Performance |
