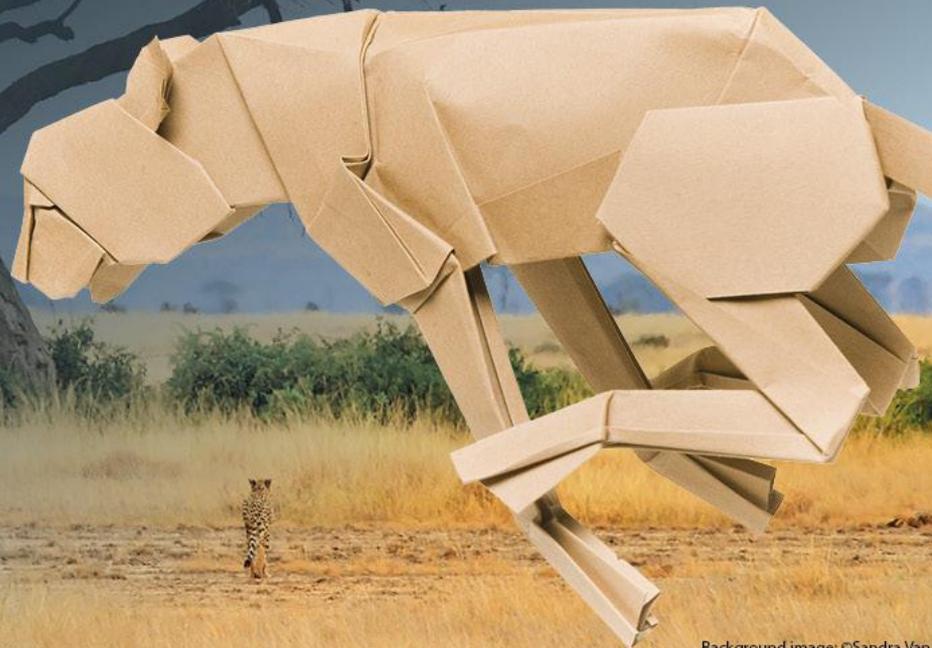


AS/A level 2016 Physical Education

Student Guide





Why study Physical Education?

Physical Education is the right subject for you if you enjoy:

- learning about the world of Sport and Physical Education through research and investigation
- keeping up to date with national and international sporting issues
- performing and developing your practical performance
- working strategically and making decisions
- communicating and explaining your ideas
- independent thinking, reflective learning and problem solving

'The wide range of topics covered; psychology, physiology and sport's dynamic relationship with society make the subject really interesting, engaging and relevant to my own personal performance as well that of elite performers'

Knights Templar School



Is Physical Education for me?

Yes if you enjoy:

- exciting opportunities on a number of different physical activities
- being active and promoting a healthy lifestyle.
- sport and exercise
- learning about how your body and mind respond and adapt to the demands of exercise
- exploring the challenges all sports face in the modern commercial climate



What will I learn?

You will learn about:

- the diverse nature of sport
- the interdependence of various areas of sport and physical education
- sporting success and failure
- how athletes need to adapt physically and mentally to the changing sports environment
- investigating the impact of technology and commercialism on participation and performance
- how to refine and analyse your own performance
- how to make decisions about what to do in your own fitness and training



How is the course structured?

The course consists of **four** components:

- **Component 1** - you will learn about the physiological and biomechanical workings of the body. You will be introduced to the anatomical make-up of a performer and how this works alongside training, nutrition and recovery to impact performance.
- **Component 2** you will develop knowledge of the psychological and social principles that underpin physical education and sport. You will explore the role that sports psychology has in facilitating optimal sporting performance of an individual athletes and sports teams.



- **Component 3** you will develop your practical skills in the role of either a player or a coach. You will demonstrate a range of skills, tactics and strategies or compositional ideas while under pressure, in both a conditioned practice and a formal/competitive situation.
- **Component 4** you will undertake an independent study to complete a Performance Analysis and a resulting Performance Development Programme (PDP) in your chosen sport as a performer or coach.



How will I be assessed at A level?

Paper 1

You will tackle short and long answer questions, data analysis and essay questions on the scientific principles of physical education – this is the content you study in Component 1

Paper 2

You will tackle short and long answer questions, data analysis and essay questions on the psychological and social principles of physical education – this is the content you study in Component 2



Non-Examined Assessment

Throughout the course you will be assessed in your own centre in your practical performance of your chosen sport, as a performer or coach, in your Performance Analysis and your Performance Development Plan.

This work will also be externally moderated - this is the content you study in Components 3 and 4.



What can I do next?

Studying Physical Education will prepare you for a multitude of courses at university or moving into the world of work. You will:

- become skilled in making decisions, solving problems, communication, and working with both quantitative and qualitative data
- gain a greater understanding of your own practical performances in order to support progression to the next level of study
- develop a blend of scientific and social knowledge which will allow you to access the numerous higher education programmes. Courses could include sports science, sports marketing, sports technology, leisure and sports coaching
- be a strong candidate for employment to a wide range of careers from management, to working in public sector organisations or charities



Next Steps!

If you are interested in studying AS and A level Physical Education you should start to find out more about the subject by:

- visiting the Edexcel website
<http://qualifications.pearson.com/en/qualifications/edexcel-a-levels/physical-education-2016.html> for more information about what you will be studying and how you will be assessed
- talking to the Head of PE at your school
- looking at what is happening in the world of sport by watching the news and relevant TV programmes or visiting the sport sections of websites such as the BBC