



A Level

Physical Education



Why study Physical Education?

The sport and leisure industry is one of the fastest-growing sectors of modern day living. If you love playing sports, have bundles of energy and enjoy learning about movement then studying Physical Education (PE) could be a good career move for you. The growth of professional sports has paved the way for a range of career opportunities in sports science. You will gain an insight into how physiological and psychological components underpin performance, and how sports have developed into the mass consumer industry that we accept them as today.

Exam Board:



Overview of course content

A Level (specification code: 7582)

Examination	% of A Level
Paper 1 – Factors Affecting Participation in Physical Activity and Sport (Assessed on Applied Anatomy and Physiology, Skill Acquisition and Sport and Society) Exam duration: 2 hours (105 marks)	35%
Paper 2 – Factors Affecting Optimal Performance in Physical Activity and Sport (Assessed on Exercise Physiology and Biomechanics, Sport Psychology and Sport and Society and Technology in Sport) Exam duration: 2 hours (105 marks)	35%
Non-exam assessment – practical performance in physical activity and sport (You will be assessed as a performer or coach in the full sided version of one activity. Plus, written/verbal analysis of performance) (90 marks)	30%

Topics

Throughout the course, students will study seven topics:

- Applied anatomy and physiology
- Skill acquisition
- Sport and society
- Exercise physiology
- Biomechanical movement
- Sport psychology
- Sport and society and the role of technology in physical activity and sport

Careers/Future Opportunities

There is a wide range of opportunities post this qualification, including:

- Exercise physiologist
- Fitness centre manager
- Personal trainer
- Physical Education teacher
- Sports administrator
- Sports coach
- Sports development officer
- Sports therapist



If you have any questions, please contact:
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