

Why Study A Level Physical Education?

Course Introduction

Discover the science behind sporting performance and the factors that influence how we move, train and compete. A-level Physical Education combines anatomy, physiology, psychology and sports sociology with practical performance, helping you understand what makes athletes successful and how performance can improve.

Entry Requirements

5 GCSEs with a minimum Grade 6
Minimum Grade 5 in GCSE PE; GCSE English & any GCSE Science

Course Content

A-level Physical Education explores the physical, psychological and social factors influencing sporting performance.

- Physiological factors: Study anatomy, exercise physiology, fitness, training and biomechanics.
- Psychological factors: Explore skill acquisition, motivation, leadership and mental performance.
- Sport and society: Investigate sport's development and issues such as ethics, media and technology.
- Practical performance: Develop performance or coaching skills and analyse ways to improve.

Skills Developed

Develop your ability to analyse performance, apply scientific knowledge and evaluate sporting techniques. Strengthen your communication, critical thinking and problem-solving skills while exploring how physical and psychological factors affect performance.

Career Opportunities

A-level Physical Education can lead to university courses and careers in sport science, physiotherapy, coaching and teaching. It also provides a foundation for further study and careers in sports media, business development and health-related fields.

Course Assessment

Assessment combines written exams with practical performance and performance analysis.

- Paper 1: Physiological Factors Affecting Performance: 2 hours (30%).
- Paper 2: Psychological Factors Affecting Performance: 1 hour (20%).
- Paper 3: Socio-cultural Issues in Sport: 1 hour (20%).
- Practical Performance: Performance or coaching in one activity (15%).
- EAPI: Performance analysis and evaluation (15%).

