

# Physical Education

Examination board: AQA

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## Introduction

A Level Physical Education is a demanding and rewarding course that is highly regarded by UK universities, including those in the Russell Group; it will prepare you for further study in sports science and will complement medical-related degrees. It will support university applications in a wide range of subjects including the sciences, social sciences (such as Psychology and Sociology) and humanities.

A Level PE is a varied course. Over the two years, you will do the following (amongst other things):

- Examine the frustration-aggression hypothesis and how this influences athletes' performances
- Study the biomechanical principles of linear motion through Newton's laws of motion, and then use this knowledge improve your own or others' sporting performances
- Debate the ethics of performance-enhancing drugs
- Investigate how advances in sports technology are influencing the production of Nike shoes.

## Subject content

The AQA specification has both a theoretical and a practical dimension. The theoretical side splits into seven areas:

1. Applied Anatomy and Physiology
2. Skill Acquisition
3. Sport and Society
4. Exercise Physiology
5. Biomechanical Movement
6. Sport Psychology
7. Sport and Society and the Role of Technology in Physical Activity and Sport.

## Assessment

Paper 1 (*Factors affecting participation in physical activity and sport*) assesses units 1-3 (Applied Anatomy and Physiology; Skill Acquisition; Sport and Society). It is worth 35% of the A Level and is assessed via a written examination of two hours (105 marks in total). This exam contains a mixture of multiple choice, short-answer questions and extended responses.

Paper 2 (*Factors affecting optimal performance in physical activity and sport*) assesses units 4-7 (Exercise Physiology; Biomechanical Movement; Sport Psychology; Sport and Society and the Role of Technology in Physical Activity and Sport). It is worth 35% of the A Level and is assessed via a written examination of two hours (105 marks in total). This exam contains a mixture of multiple choice, short-answer questions and extended responses.

In the Non-Examination Assessment (*Practical performance in physical activity and sport*), pupils are assessed as performers or coaches in the full-sided version of one activity; this includes a written or verbal analysis of the performance. The NEA is worth 30% of the A Level; it is internally assessed and externally moderated.