

## Physical Education

### KS5 – Y12 and Y13

AQA A level Physical Education	Edexcel BTEC Level 3 National Extended Diploma in Sport and Exercise Science
<p>About the course / course content:</p> <p><b>In YEAR 12 the whole class studies:</b></p> <ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Skill Acquisition</li> <li>• Sport and Society</li> <li>• The impact of sport on society and of society on sport</li> <li>• Exercise physiology</li> <li>• Biomechanical movement</li> <li>• Sports psychology</li> <li>• Sport and society and the role of technology in physical activity and sport</li> </ul> <p><b>At the end of year 12, students can decide to:</b></p> <ul style="list-style-type: none"> <li>• Continue straight to A level with no exam; or</li> <li>• Sit AS exams and finish with an AS qualification; or</li> <li>• Sit AS exams then decide whether to continue to A level (yr. 13) or not.</li> </ul> <p><b>In YEAR 13 students study:</b></p> <ul style="list-style-type: none"> <li>• Applied anatomy and physiology- energy systems</li> <li>• Skill acquisition – memory models</li> <li>• Exercise physiology – injury prevention and the rehabilitation of injury</li> <li>• Biomechanical movement – linear motion, angular motion, projectile motion, fluid mechanics</li> <li>• Sports psychology – Achievement motivation theory, attribution theory, self-efficacy and confidence, Leadership, stress management.</li> <li>• Sport and society and the role of technology in physical activity and sport – concepts of physical activity and sport, development of elite athletes in sport, drugs in sport, sport and the law, impact of commercialisation on physical activity and sport and the relationship between sport and the media.</li> </ul> <p><b>AS (yr. 12) ASSESSMENT:</b> Component 1 – paper 1: Factors affecting participation in physical activity and sport.</p> <ul style="list-style-type: none"> <li>• Written 2 hour paper on topics covered in the first year</li> </ul>	<p><b>About the course</b></p> <p>This course examines all aspects of sport and exercise science including – anatomy, physiology, and psychology in sport, sports injuries, massage and nutrition, fitness training and testing, and many other aspects of the sport, leisure, performance or fitness industry.</p> <p>The specification consists of four externally assessed units and nine internally assessed units over the course of two years.</p> <p>Each internal assessment through the submission of assignments will have an overall grade awarded of a pass, merit or distinction. The overall points will be calculated on the total points achieved from internally assessed units combined with the grade points from the external assessments.</p> <p><b>Course content</b></p> <p><b>8 Mandatory Units</b></p> <ol style="list-style-type: none"> <li>1. Sport and Exercise Physiology (120)</li> <li>2. Functional Anatomy (90)</li> <li>3. Applied Sport and Exercise Psychology (120)</li> <li>4. Field and Laboratory-based Fitness Testing (90)</li> <li>5. Applied Research Methods in Sport and Exercise Science (90)</li> <li>6. *Coaching for Performance and Fitness (90)</li> <li>8. Specialised Fitness Training (60)</li> <li>12. Sociocultural Issues in Sport and Exercise (60)</li> </ol> <p><b>5 Optional Units</b></p> <ol style="list-style-type: none"> <li>10. Physical Activity for Individual and Group-based Exercise (60)</li> <li>11. *Sports Massage (60)</li> <li>13. Nutrition for Sport and Exercise Performance (120)</li> <li>14. Technology in Sport and Exercise Sciences (60)</li> <li>15. *Sports Injury and Assessment (60)</li> </ol> <p>*3 units must have employer involvement.</p>

- 70% of AS

Component 2 – Non exam assessment: Practical performance in physical activity and sport.

- Students assessed as a performer or coach in the full sided version of one activity
- Written / verbal analysis and evaluation of performance.
- 30% of AS.

**A LEVEL (yr. 13 ) ASSESSMENT:**

Component 1- paper 1: Factors affecting participation in physical activity and sport.

- Written 2 hour paper on applied anatomy and physiology, skill acquisition. Sport and society
- 35% of A level

Component 2- paper 2: Factors affecting optimal performance in physical activity and sport

- 2 hour written paper on Exercise physiology and biomechanics, sports psychology, sport and society and technology in sport
- 35% of A level

Component 3 – Non exam assessment: Practical performance in physical activity and sport.

- Students assessed as a performer or coach in the full sided version of one activity.
- Written / verbal analysis and evaluation of performance
- 30% of A level

**Assessment**

Unit 1, 2, 3 and 13 are externally assessed. All other units are internally assessed through assignment submission.

Skills developed and opportunities available

Students develop skills in application of knowledge, analysing and evaluation of performance, practical performance, report writing and researching, evidencing and presenting their information. Students will also have the opportunities to gain valuable work experience and meet professionals in the sporting sector.

The course lays the foundation for any further study of sport or related subjects in higher education. Possible careers include: Sports Coach, PE Teaching, Leisure Facility Manager, Sports Development Officer or any other position linked to the sport, leisure or fitness industry.