



A LEVEL Physical Education Edexcel

WHAT DO I NEED TO KNOW OR BE ABLE TO DO BEFORE TAKING THIS COURSE?

Students should be well versed in all the theoretical components of the GCSE Physical Education course: having achieved a grade 5 in GCSE PE and PE Theory, or a Level 2 Merit in Cambridge Nationals Sport Studies, and at least two Grade 5s in Science. They should be able to write longer prose answers to analytical questions and apply their knowledge. They will need to know the factors that underpin performance and involvement in activity and sport such as; applied anatomy and physiology, movement analysis, sports psychology and sport in society and be able to analyse and evaluate them. A commitment to extra-curricular Physical Education and playing in regular competitions is essential as there are no structured practical lessons during the school day.

WHAT WILL I LEARN ON THIS ADVANCED GCE COURSE?

70% Theoretical content (External Examinations) 30% Practical (Performance and NEA)

Component 1: Scientific Principles of Physical Education (40%)

This area is divided into three sections: applied anatomy and physiology, exercise physiology and applied movement analysis (biomechanics). This will develop the students' knowledge of the anatomical/structural and physiological/functional roles performed in the body. They will cover how different stresses will bring about both acute and chronic responses, and how the principles of Newton's Laws of motion and movement analysis can be applied to sporting technique in order to improve performance. They will understand concepts of energy and how they relate to physical activity.

Component 2: Psychological and Social Principles of Physical Education (30%)

The fundamental aim of this unit is to increase the students' knowledge and understanding of skill acquisition, sports psychology and sport and society. They will learn about the nature and development of skills within sport, the different learning theories, how memory systems process the information and the acquisition of skill. They will understand the role that sports psychology plays in facilitating optimal performance by exploring the different psychological views, theories and perspectives and applying them to discover an explanation of behaviour. They will gain an insight into the relationship between sport and society and the parallels between societal changes and sport, utilising this knowledge to consider historical and contemporary events and trends and the potential future developments. They will gain knowledge of the role commercialisation, politics, ethics and pressure play on a performer and the relationship between the media and sport.

Component 3: Practical Performance (15%)

Students will be required to perform or coach in one physical activity from the prescribed list. They will need to demonstrate their skills under pressure, in conditioned practices and a formal/competitive situation. They will be assessed on their decision making, technique, and use of strategies and tactics.

Component 4: Performance Analysis (15%)

The task encompasses a thorough analysis of a performer by investigating two components of a physical activity (physiological or technical/tactical). Students will produce an evaluation demonstrating the strengths and weaknesses and areas for subsequent development of a performer. They will then design a personal development plan focusing on the key areas for development.

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