

Physical Education

Examination Board: AQA A level PE 7582

Why study Physical Education?

An understanding of Physical Education underpins the study of many other subjects including Anatomy and Physiology, History and Psychology. It encourages students to take a broad view of sport and physical education whilst developing the capacity for critical thinking and appreciate the relationship between different aspects of the subject.

Students gain knowledge and understanding of the factors that influence performance and participation in physical activity, and learn to apply them to a range of different activities. Students also extend their ability to apply and combine skills in increasingly demanding situations. They also take their knowledge of health, exercise and fitness to a greater depth. There is a huge variety of university courses and a wide spectrum of career opportunities open to students who have studied this subject.

Entry Requirements

To embark on an A-level or AS course in this subject it is desirable for students to have obtained B at GCSE in Physical Education and/or Biology as this contains core knowledge for the A-level course. Additionally, competing in a sporting activity at a reasonable standard is an advantage.

Subject Specification

Component	How it's assessed	Content overview
AS Level Component 1: Factors affecting participation in physical activity and sport.	<i>Written exam: 2 hours</i> <ul style="list-style-type: none">• 84 marks• 70% <i>Combination of multiple choice, short answer and extended writing questions.</i>	Section A – Applied Physiology (28 marks) Section B – Skill Acquisition & Sports Psychology (28 marks) Section C – Sport and Society & Technology in Sport (28 marks)
Component 2: Practical performance in physical activity and sport.	Non-exam assessment (NEA) <ul style="list-style-type: none">• 90 marks• 30%	Practical Performance (45 marks) Analysis & Evaluation (45 marks) Internal assessment with video evidence, external moderation video evidence of the day.
A level Component 1: Factors affecting participation in physical activity and sport.	<i>Written exam: 2 hours</i> <ul style="list-style-type: none">• 105 marks• 35% <i>Combination of multiple choice, short answer and extended writing questions.</i>	Section A – Exercise Physiology & Biomechanics (35 marks) Section B – Sport Psychology (35 marks) Section C – Sport and Society & Technology in Sport (35 marks)
Component 2: Factors affecting optimal performance in physical activity and sport.	<i>Written exam: 2 hours</i> <ul style="list-style-type: none">• 105 marks• 35% <i>Combination of multiple choice, short answer and extended writing questions.</i>	Section A – Exercise Physiology & Biomechanics (35 marks) Section B – Sport Psychology (35 marks) Section C – Sport and Society & Technology in Sport (35 marks)
Component 3: Practical performance in physical activity and sport.	Non-exam assessment (NEA) <ul style="list-style-type: none">• 90 marks• 30%	Practical Performance (45 marks) Analysis & Evaluation (45 marks) Internal assessment with video evidence, external moderation video evidence of the day

Further information

Students or parents requiring any further details are most welcome to contact Miss Jones, Head of Academic Physical Education (lj@oswestryschool.org.uk).

