

physical education

A Level

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What is this subject about?

Have you ever wondered why some people can run faster than others? Or how your personality affects your performance? Or even how you could become an elite sports performer? Through studying Physical Education you could find the answers to these questions. The main focus of the subject is on participation and performance in physical activity as part of a balanced, active and healthy lifestyle. The subject involves an academic study of physical activity and its practical performance. The A Level PE course is the ideal platform to start building the foundations to a career in the sports industry e.g. Sport Scientist, Sports Psychologist, Sports Coaching and Sports Development.

What will I study over the two years?

During the first year you study six main areas of applied anatomy and physiology, exercise physiology, biomechanics, the acquisition of skill, sports psychology and sport and society. In addition there is practical work. You select and are assessed in one practical option from a range of individual activities and games. Students are also required to do an interview involving an analysis of another performance in their one assessed activity.

In the second year you will continue with topics taught in year 1, and also look at the contemporary issues in physical activity and sport such as doping in sport and the impact of the Olympics. In the second year students are again assessed in only one practical activity of their choice. Students are also required to do an extended interview in their chosen sport, which builds on the analysis done in the first year.

How is the course assessed?

Assessment is by one written exam paper, an interview on one of your chosen sports, and practical assessment which is internally assessed with an external moderation at the end of each year. Practical work is worth 20%, the interview 10%, and the written examination 70%.

What skills will I need and develop in this course?

You will need to develop an ability to apply your theoretical knowledge to a range of practical sporting situations. You will need to be able to analyse and evaluate performance and to identify key priorities for improving performance. You will develop your own individual skills in one sports. You will need to be able to discuss the various factors that make for a balanced, active and healthy lifestyle.

What kit will I need?

You will be told when you will be taking part in practical lessons; you need any sensible sports clothing.

What can the course lead to in terms of higher education and future careers?

The course provides a suitable foundation for specialist study in both Physical Education and Sports Studies in higher education and are also suitable qualifications for other areas of study. The course provides an excellent foundation for candidates intending to pursue careers in teaching and coaching, sports development, the leisure industry, recreational management, health, leisure and fitness, and professional sport.

What are the formal entry requirements for this course?

Aside from the general entry criteria that the College requires, you ideally need a minimum of:

- Grade 4 in GCSE Science

If you have taken GCSE PE you are expected to have achieved a high grade, but you can take this course without having previously studied GCSE PE.

Subject combination advice:

PE is suitable to be combined with any A Level. Biology is a good choice, as is Psychology as both subjects underpin knowledge that you will gain in PE. Students wishing to pursue a more vocational pathway may want to consider the BTEC Sports Subsidiary Diploma or the BTEC Specialist Diploma in Sports and Coaching.

What extra support/enrichment activities are on offer?

The College has sports fixtures in Football, Rugby Union, Basketball, Hockey and Netball. If students play these sports they are encouraged to try to get into a team by attending trials. The College offers courses in Sports Leaders Award and a Higher Sports Leaders Award which are excellent introductions to coaching. In addition we organise a Level 1 Football Coaching Course as well as a fitness week at Club La Santa, Lanzarote at the end of the academic year.