




PE

A level courses in:
PHYSICAL EDUCATION
CAMBRIDGE TECHNICAL LEVEL 3





A level Physical Education

ABOUT THE COURSE

The course is based on the relationship between the theory and practice of Physical Education. It is a hugely enjoyable course, BUT BEWARE! It involves a lot of hard work and the ability to work to a high standard in a variety of very different areas (namely science, humanities and practical Physical Education). We insist that students show full commitment at all times. An Advanced level qualification would provide an excellent grounding for degree level study in PE or Sports Science. Be assured however that universities accept A level PE in their entry criteria for many other courses. We have had PE students in the past who have gone on to study medicine, business and design, as well as human sciences at Oxford University.

ENTRY TO THE COURSE

There are several points to be aware of:
This is a much more academic course than GCSE PE. If you have taken GCSE PE, then you will need a minimum of grade 4.
We will also look at your results overall (for example, you also need a 4 or above in GCSE Science) as well as your attitude and performance in PE in Years 10 & 11. For the practical part of the course, you must be able to demonstrate regular participation and competence in at least one practical activity. You DO NOT have to have followed the GCSE course to be accepted onto the A level course.

CONTENT & ASSESSMENT

A LEVEL PE COMPONENTS:

Physiological Factors Affecting Performance

This is worth 30% of the total A level.

Content:

- Applied Anatomy and Physiology - The body systems in relation to PE and Sport
- Exercise Physiology - The body systems during exercise
- Biomechanics – The mechanics of how the body works
- This component is examined by a 2 hour written paper worth 90 marks

Psychological Factors Affecting Performance

This is worth 20% of the total A level.

Content:

- Skill Acquisition - How we develop and control movement skills
- Sports Psychology - The role of the mind in PE and Sport

This component is examined by a 1 hour written paper worth 60 marks

Socio-Cultural Issues in Physical Activity and Sport

This is worth 20% of the total A level.

Content:

- Sport and Society

CONTEMPORARY ISSUES IN PHYSICAL ACTIVITY & SPORTS

This component is examined by a 1 hour written paper worth 60 marks

Performance In Physical Education

This is worth 30% of the total A level.

Content:

Performance OR Coaching - In this practical element, you will be assessed in one activity

Evaluating and Analysis of Performance for Improvement –

Assessed by oral examination

This component is assessed prior to the final examinations and is worth 60 marks.

It is important that you are playing or coaching sport as you will need to provide a video of sufficient length to demonstrate this.



A level

CAMBRIDGE TECHNICAL LEVEL 3 SPORT

ABOUT THE COURSE

Cambridge Technical Qualifications are widely recognised by industry and higher education institutions, as the leading vocational qualification at Level 3. The Cambridge Technical Extended Certificate in Sport is based on the relationship between the theory and practice of sport and the sporting industry and provides a broad basis of study for the sports sector. The qualification is designed to support progression to university when taken within a programme of study that includes other vocational qualifications or A levels.

ENTRY TO THE COURSE

If you have taken the Cambridge National in Sports Studies qualification, you will need a minimum grade of a Level 2 pass.

If you have taken GCSE PE, you will need a minimum of grade 4.

However, you do not need to have followed either course to be accepted onto the course.

CONTENT AND METHOD OF ASSESSMENT

Year 12

Unit Title	Guided Learning Hours	Method of Assessment
Body Systems and the Effects of Physical Activity	90	Written Exam
Sports Coaching and Activity Leadership	90	Course work

Year 13

Unit Title	Guided Learning Hours	Method of Assessment
Sports Organisation and Development	60	Written exam
Performance Analysis in Sport and Exercise	60	Course work
Organisation of Sports Events	60	Course work

Unit Content

Body Systems and the Effects of Physical Activity (90GLH)

- Skeletal system
- Muscular system
- Respiratory system
- Cardiovascular system
- Energy systems

Sports Coaching and Activity Leadership (90GLH)

- Roles and responsibilities of sports coaches and leaders
- Principles of coaching and leading
- Methods for improvement
- Plan, prepare, deliver and review an activity session

Sports Organisation and Development (60GLH)

- Organisation of Sports UK
- Sports development
- Measuring impact
- Sports development in practice

Performance Analysis in Sport and Exercise (60GLH)

- Understanding performance profiling
- Carrying out performance profiling
- Analysis of sports performance
- Feedback on sports performance

Organisation of Sports Events (60GLH)

- Knowledge of sports events
- Roles and responsibilities in sports events
- Plan, promote and deliver a sports event
- Evaluate the delivery of the sports event

CONTACT INFORMATION

Michael White Head of PE Faculty

m-white@ashbyschool.org.uk

www.ashbyschool.org.uk



Ashby School is an exempt charity & company limited by guarantee, registered in England. Company No 08126868, Nottingham Road, Ashby de la Zouch LE65 1DT.