



ABBEGATE

Sixth Form College

PE

Entry requirements:

A minimum of 5 GCSEs at Grade 4 - 9 and minimum Grade 4 PE

STUDENT PROFILE

This course is suitable for those students who wish to further their knowledge and understanding of the importance of exercise and activity.

In order to fulfil the coursework requirement, A-level students must be actively involved in sport/physical activity on a regular basis.

PROGRESSION

The course provides a transition for those intending to study related courses in higher education and for others it provides a balanced, broad-based course.

Students can progress to degrees in Sports Science and Physiotherapy.

STUDENT VIEW

"Out of all the years I have studied PE, I found the A-level the most challenging and rewarding. The course enabled me to uncover a wide range of topics, from the respiratory system to the relationship between executive motor programmes and the long-term memory."

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COURSE CONTENT

Paper 1: Factors affecting participation in physical activity and sport

What's assessed:

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

How it's assessed:

- Written exam: 2 hours
- 105 marks
- 35% of A-level

Paper 2: Factors affecting optimal performance in physical activity and sport

What's assessed:

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

How it's assessed:

- Written exam: 2 hours
- 105 marks
- 35% of A-level

Non-exam assessment: Practical performance in physical activity and sport

What's assessed:

Students assessed as a performer or coach in the full-sided version of one activity.

Plus: written/verbal analysis of performance.

How it's assessed:

- Internal assessment, external moderation
- 90 marks
- 30% of A-level

