



Haverhill 14-19
LearningPartnership

A-Level Physical Education

Course information

Why choose A-Level Physical Education?

Through out the course you will be studying both theoretically and practically. Independent study will be set in every lesson, which will be expected to be completed to A level standard.

Students selecting this course should have a keen interest in Sport and Recreation and enjoy discovering about yourself in practical situation.

Course Outline:

AS Level: Students will study two Units. Unit 1: (*Opportunities for and the effects of leading a healthy and active lifestyle*). Students will develop their knowledge and skills to help understand the opportunities for and effects of leading a healthy and active lifestyle. In Unit 2: (*Analysis and evaluation of physical activity as performer, Coach and Official*) students will improve their personal skills/techniques across the three roles.

A2 Level: Students will study a further two units in A2. In Unit 3: (Optimising performance and evaluating contemporary issues within sport) students are enabled to further develop their understanding of key concepts, themes and texts. In Unit 4: (Philosophical Problems) students will be given the opportunity to specialise further, focusing on philosophical problems and improving techniques

Assessment

As Level:

Unit 1 will be examined externally through a two hour exam in May/June 2009. The exam will be based on:

- A) The physiological effects of adopting a healthy lifestyle
- B) The short term effect of exercise/performance
- C) Long term effects of training
- D) Analysis of movement across a range of sporting actions
- E) Acquisition of skills and the impact of psychological factors on performance.

This will contribute to sixty percent of their final AS grade.

Unit 2 will be internally assessed and then externally moderated. Student will firstly demonstrate the execution of skills/techniques in two roles (performer, official/referee/umpire/judge or leader/coach) in a chosen physical activity, they will also complete an Analysis of own performance and then show an application of theoretical knowledge to achieve effective performance.

This will contribute to forty percent of their final AS grade.

A2 Level:

Unit 3 will be examined externally through a two and a half hour exam in May/June 2010. The exam will be based on:

- A) Energy sources and systems
- B) Elite preparation and training Specialised training and sports injuries
- C) The use of psychological theories and techniques to optimise performance Concepts and characteristics of World Games and their impact on the state and individual
- D) Development and impact of sports technology on performers
- E) Equipment and facilities
- F) The development of sport from rational recreation to its modern day format.

This will contribute to thirty percent of their total A level grade.

Unit 4 will be internally assessed and then externally moderated. Students will Optimise performance in competitive or performance conditions in one role then evaluate weaknesses and suggest ways to improve.

This will contribute to twenty percent of their total A level grade.

Careers and progression:

Higher Education: Physical Education Degree (Sports Science, Sports Therapy, Physiotherapy, PE Teacher, Sports Psychology etc. Coaching. Working in the Sporting Industry.

Entry requirements:

To consider studying this course you ideally need 5 or more GCSE's at Grade C or higher. These grades must include Science and Physical Education. (If this was one of your option choices). A 'C' grade or higher in English would also be advantageous.

A Level results:

This is a new syllabus for 2008.

Enquiries:

Please address all enquiries regarding the A-Level Physical Education course to Mr Shane Barrow via Castle Manor Business and Enterprise College or e-mail to S.Barrow@CastleManor.lppplus.net.