

Enquiries to:

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A Level Physical Education

In Physical Education A Level, learners will explore the academic aspects of physical education, sport and health, as well as reflecting on their own performance to critically analyse and evaluate practice.

The course will examine a breadth of theoretical areas including the scientific, socio-cultural and practical aspects of physical education through which learners will develop their knowledge, understanding and skills. Students will learn through both classroom and practical settings and seek to develop their appreciation of human performance as it relates to the world of sport and fitness.

Course Content

- Applied anatomy and physiology
- Skill acquisition
- Sport and society
- Exercise physiology
- Biomechanical movement
- Sport psychology
- Contemporary issues in sport
- Practical performance in physical activity and sport & performance analysis

Entry Requirements

Standard advanced course requirements

Plus

Grade 4 in GCSE Science or PE (preferred)

Performance at a competitive/club level in a sport of your choice



How the course is assessed

70% External Theoretical Exam - Linear Assessment at end of Year 2

30% Practical Performance Assessments and Coursework

Career Pathways

This course will prepare learners for the further study of PE or sports science courses, as well as other related subject areas such as psychology, sociology and biology. The course can be used as access to a university sports related degree (Sports & Exercise Science, Coaching, Sports Development, PE teaching), or it can provide a route into employment in the sports and fitness sector. The economic impact of sport places it within the top 15 sectors in England, and its wider economic benefit make it a key part of society today. With over 440,000 jobs in England and a growing focus on health and participation in physical activity, in addition to the teamwork and leadership skills, it will support your success in other careers.

Transferable Skills

Learners will develop the transferable skills that are in demand by further education, higher education and employers in all sectors of industry; research, evaluation, analysis, discussion in social and physical sciences and practical skills; leadership, teamwork, organisation & problem solving, as well as enhancing fitness and health.