

# Spalding Grammar School Sixth Form

## Subject Information

## Physical Education

### Entry Requirement:

Grade 6 in GCSE Physical Education if studied **or** Grade 5 in GCSE Biology or 55 in Combined Science.

**Awarding body:** AQA

**About the subject:** The course we study expands on many of the ideas and concepts already encountered during Key Stage 4. It provides a natural progression for candidates who have already studied PE by extending their knowledge and understanding of the theory behind sporting performance. The course covers seven units across three areas:

Physiology	Psychology	Sociology
<ul style="list-style-type: none"> <li>Cardiovascular system</li> <li>Biomechanics and movement</li> <li>Muscles</li> <li>Energy systems</li> <li>Specialist training</li> <li>Injury prevention and treatment</li> </ul>	<ul style="list-style-type: none"> <li>Skill</li> <li>Guidance and feedback</li> <li>Memory and decision making</li> <li>Motivation</li> <li>Attitudes</li> <li>Arousal and anxiety</li> </ul>	<ul style="list-style-type: none"> <li>Globalisation of sport</li> <li>Equal opportunities</li> <li>Technology in sport</li> <li>Elite performers</li> <li>Drugs in sport</li> <li>Sport and the law</li> </ul>

Aptitude and interest in all three topic areas and skills of independent research are required to ensure success in the theoretical element. Although the course is predominantly theoretical, it is essential that students have an active involvement in competitive sport, as in-depth knowledge of sport is required for the practical assessment. PE is an entry qualification to Higher Education and of significant value to those wishing to pursue a career in sport science, sports therapy, sports psychology, teaching, leisure management, nursing, physiotherapy or the Armed Forces.

### Assessment:

#### Theory – 70% of A Level

Two x two hour examination papers (35% of total course grade each).

Each paper contains three sections of equal weighting:

- Applied exercise physiology and biomechanics.
- Skill acquisition and sport psychology.
- Sport and society and technology in sport.

#### Practical – 30% of A Level

Students assessed as a performer or coach in a full sided version of one activity:

- Area of assessment 1: Technical quality – aspect 1 (15 marks).
- Area of assessment 2: Technical quality – aspect 2 (15 marks).
- Area of assessment 3: Application of strategic/tactical awareness (15 marks).