



*"Much broader depth and breadth of content especially with the psychology and historical concepts"*  
6th Form Student

### Entry Requirements

A minimum of grade 4 in Maths and English Language plus at least 3 other GCSEs at grade 5

### Subject Specific Requirements

Grade 5 in PE, with a Grade 6 in the Theoretical component of the GCSE PE Exam. Grade 5 in English Language and Grade 5 in Science

### About the Course

Candidates will study 6 areas over the 2 year Linear A-Level course. Assessment is through 2 Exam Papers (70%) and Practical Performance and Analysis of Performance in one activity (30%).

**Paper 1** areas of assessment include:

1. Applied Anatomy and Physiology, 2. Skill Acquisition and 3. Sport and Society.

**Paper 2** areas of assessment include:

4. Exercise Physiology and Biomechanics, 5. Sport Psychology and 6. Sport and Society and Technology in Sport.

A broad range of topics allow for a greater understanding of the factors affecting participation in physical activity and sport as well as physical, biomechanical, psychological and technological strategies to optimise performance in sport.

The course contains both theoretical and practical elements with lessons being predominantly student led with emphasis on student-centred ideas and discussion.

### Assessment

**3 Units of assessment:**

**Paper 1:** Factors affecting participation in physical activity and sport.

2hr written exam, 105 marks, 35% of A-Level grade.

**Paper 2:** Factors affecting optimum participation in physical activity and sport.

2hr written exam, 105 marks, 35% of A-Level grade.

**Both papers include multiple choice, short answer and extended writing questions.**

**Non exam assessment:** Practical performance.

Internal assessment, external moderation. 90 marks, 30% of A-Level grade.

Students will need a high level of competence as a performer or a coach in one physical activity at a competitive level.

### Future Applications

Sports Science  
Physiotherapy  
Teacher  
Sports Coach  
Sports  
Psychologist  
Sports Journalism  
Nutritionist  
Sports  
Management  
Sports  
Development

### Alumni

Aimee — Sport Scientist/ Athletic Performance Coach at Hull City Football Club  
Daniel — Head of PE at Smithdon High School