

Physical Education

Course overview

A LEVEL

Level 3

AQA

This course expands on many concepts that you have already encountered in school PE lessons. Your studies will be centred around how the body works, how you learn and develop physical skills and the impact that physical activity has on young people developing a balanced, active and healthy lifestyle.

Entry Requirements

You must have a minimum of 5 grades 9-4 (equivalent to A*-C) at GCSE, including English and Maths at grade 4, plus you must also meet the specific subject entry requirements.

Subject Specific Requirements

Grade 4 in a Science GCSE subject plus grade 4 in PE if taken and grade 5 in GCSE English Language.

Popular Subject Combinations

A Level: Biology
Psychology
Sociology

BTEC: Sports & Exercise
Science
Applied Science

Possible Enrichment Opportunities

All students studying PE A level will need to join a College Sports team, which includes: Football; Rugby; Netball and Basketball.

What will I learn?

You will develop an understanding of the relationship between skill, strategy/composition, body and mind readiness so as to improve the effectiveness and efficiency of performance. This is delivered through seven distinct topics across two years.

How will I be assessed?

Assessment is both practical and written assessment:
Factors affecting participation in physical activity and sport
Factors affecting optimal performance in physical activity and sport
Non-exam assessment: Practical performance in one physical activity and sport
The written assessment contributes to 70% of your A Level grade and the practical assessment contributes towards 30%.

Where might it lead?

Students have progressed to study at the following universities / specialist colleges: St Mary's; Buckinghamshire; Brighton; Chichester and South Wales.

Possible careers:

- PE teacher
- Physiotherapist
- Sports coach/consultant
- Diet and fitness instructor
- Personal trainer

Student name:(Daisy Mae Christmas)

This has been one of the most positive experiences of the year. Learning all the theory as well as being filmed in my practical and performing a presentation has proven to be very exhilarating.

If you would like further information about this course please contact the admissions team at

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