

Physical Education (PE)

Subject content

A Level PE offers a holistic and in-depth insight into a wide range of important and interesting topics. Section A is the Sports Science-based content. Section B looks at Sports Psychology and Section C looks at how Sport has influenced and changed society. AQA Physical Education course specifications [<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>]

Specific entry requirements

GCSE Grade 5 or above in Biology or Combined Science. Grade 5 or above in GCSE PE is also highly beneficial. Additionally, success in A Level PE is heavily reliant on students playing competitively or coaching regularly in sport.

Assessment

You will be assessed at the end of the A Level course by examinations. Paper 1 covers Applied Anatomy and Physiology, Skill Acquisition, and Sport and Society. Paper 2 covers Exercise Physiology and Biomechanics, Sport Psychology, and Technology in Sport. You will also be assessed practically in your chosen sport.

Progression opportunities

You will develop the skills, knowledge and understanding to prepare you for sports-related courses in Higher Education. Alternatively, you may wish to progress into employment within the sports industry. Popular careers and university-based, sportsrelated courses include: • Physiotherapy/sports massage • Sports business/marketing • Performance analyst • Sports science • Sports medicine • Nutrition/dietitian • Teaching/coaching • NHS careers – occupational therapy and nursing

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