

# A LEVEL PHYSICAL EDUCATION

Meadowhead School  
Academy Trust



## What are the entry requirements?

Minimum Requirements: At least five 4 grades at GCSE and grade 4 in Mathematics and either English (Language or Literature)

Recommended Level of Attainment A-Level Sport: At least a grade 6 or Distinction in GCSE PE or BTEC Sport Level 2. At least a grade 6 and above across the 2 GCSE PE written theory papers.

A grade 4 and above in English is essential and a grade 5 in science would be desirable for this course.

## About the course

On the A Level Sport course you will cover the following units: Applied Anatomy and Physiology, Exercise physiology, Biomechanics, Skill Acquisition, Sports Psychology, Sport and Society and Contemporary issues in physical activity and sport. The lessons will be a mixture of practical and theory.

## Will the course suit me?

The ideal student would take an interest in sport as a whole subject. They should enjoy practical lessons and be prepared to analyse their own and others' ability. They will want to learn about how the body reacts to exercise and the different body systems involved when developing fitness and training. Students will develop an understanding of how the past has affected the current provision of sport and how the mental preparation can effect sporting performance.

## Personal Study Time

A Level Sports students are expected to devote as much time outside the classroom to their studies as in lessons. You will be given significant amounts of homework on a regular weekly basis. The nature of this work will depend on the topic being studied but will always be given in order to reinforce the work covered in class and will often form the basis for exam preparation.



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## Assessment

The qualification consists of 3 external examinations worth 70% of the overall grade. The remainder of the course is internally assessed through sports performance worth 30% of the overall grade. The final grade will be established through a means of calculating overall raw marks, accumulated through the 3 external exams and the 1 practical unit.

## Progression

A Levels are designed to provide highly specialised qualifications for a progression into further education. This course will give the students the knowledge, understanding and the skills that they need to prepare for further study at degree level. The qualification also provides development for students to go onto higher education, degree or professional development programmes.

## Where can I find out more information?

For more information, speak to Mr Perry. This course is dependant on numbers of students who wish to study on the course