

Physical Education



at RHB Sixth Form

Physical Education A Level is a course that *supports* pupils *critical thinking, analytical* and evaluative skills in the context of physical activity, health and sports science. A blend of *theoretical* and *practical* elements allow pupils to gain a deeper *understanding* of the *physiological, psychological* and *socio-cultural* aspects of health sciences.

“Within A level PE we cover a range of topics from psychological to biological aspects that can affect and maximise performance in sport. The topics we have covered has allowed me to critically analyse myself to make me a better performer in my sport. Overall A level PE has given me the skills to further evaluate my points which will be beneficial for my further learning in university and beyond.”

RHB ALUMNA

COURSE OUTLINE

A Level Physical Education is assessed across two papers, a practical sport and self-analysis of the students own performance through reflective practice.

The theoretical component of the course (worth 70% of the final grade) will be taught across the 2 years with the following being the expected split:

Year 1: Applied anatomy and physiology, skill acquisition, sport and society, exercise physiology, biomechanics, sports psychology and the role of technology in sport.

Year 2: Builds on the concepts covered in Year 1 and includes energy systems, memory, injury prevention and rehabilitation, projectile motion, fluid mechanics, sport psychology and technology. The main focus of Year 1 is participation in sport, whereas the focus in Year 2 shifts towards the elite performer.

The practical component of the course (worth 30% of the final grade) is assessed internally, with external moderation. Assessment in practical performance takes place in one sport, either as a coach or as a player/performer (15%).

Therefore, it is vital that candidates are participating regularly in this sport at school, club and/or representative level. There is a written or verbal presentation to assess a candidate's ability to analyse and evaluate their performance (15%).

WHERE COULD THIS COURSE TAKE ME

Further Education

The broad nature of A Level Physical Education allows students to pursue a variety of university courses. Popular routes into Higher Education include Sport Science, Technology in Sport, Sport and Business, Teaching, Sports Development and Management. Additional degree choices include Physiotherapy, Chiropractic Care and Psychology, although students have also gone on to read areas such as Biology at their chosen university. Past students have gone on to study Sports Science at a range of Russell Group Universities and Loughborough and Bath, which are regarded as the top universities for these subject choices.



**ROYAL HIGH
BATH**

GDST
GIRLS' DAY SCHOOL TRUST

Careers

Studying Physical Education can lead to varied careers including Physiotherapist (Healthcare, NHS or within Sport), Psychologist, Exercise Physiologist, Nutritionist, Sports journalist, Sports Coach or Practitioner.

ENRICHMENT

During the course there are countless opportunities including visits to University of Bath, Loughborough and Cardiff Universities and experience 'a day in the life' of a student-athlete (performance workshop, practical sessions, talks and a tour of campus facilities).

HEAD OF SUBJECT

Heidi Baber

EXAM BOARD

AQA

For Girls. For Life.

