



Wigston College

PE A Level



Examination Board

OCR

Entry Requirements:

GCSE Grade 5 PE or merit in a vocational sport qualification and Grade 5,5 in Combined Science. If you have not studied this subject at GCSE level you will need a professional sport qualification at Grade 5, 5 in Combined Science

What will I be studying?

1. Anatomy & Physiology: The Skeletal and Muscular Systems, Joints and Movement, The Cardiovascular and Respiratory Systems, Energy Systems, Altitude/Heat and the Effects on the Body.
2. Diet, Nutrition and Performance: Components of Diet, Ergogenic Aids, Drugs in Sport.
3. Biomechanics: Levers and Forces, Angular and Linear Motion, Projectile Motion, Movement Analysis with Technology.
- 4 Training Methods: Types of Training, Aerobic, Flexibility, Strength, Training and its Effect on Diseases.
- 5 Skill Acquisition: Skill Classification and Learning, Guidance and Feedback, Psychological, Personality and Aggression, Arousal and Motivation, Group Dynamics.
- 6 Socio-cultural Issues in Physical Activity and Sport Contemporary issues in sport: Sport and Society, Evolution of Sport, The Media and Commercialisation, Modern Technology.

How will I be studying?

Lessons are primarily theory based, but whenever possible elements of the course will be taught in a practical environment.

How will I be assessed?

Physiological factors effecting performance (01): 2hr written paper (30%)

Physiological factors effecting performance (02): 1hr written paper (20%)

Socio-cultural issues in physical activities and sport: 1hr written paper (20%)

Performance in physical education: NEA (30%)

Where Next?

All universities and degree-awarding institutions recognise A level PE. The transferable skills gained through the course are valuable in a wide range of careers; you will develop a problem solving approach to your learning, and a capacity to deal with challenging situations as well as building a sound knowledge and understanding of the subject that will be relevant to a whole range of studies. It also gives an insight into the many diverse opportunities that are available within the world of sport. Students often go on to university to study the following-

1. **Sports Science:** Further study at university in areas such as sports science, physiology, biomechanics, or kinesiology.

2. **Sports Coaching and Development:** Becoming a coach or development officer in various sports, working with athletes of all ages and abilities.

3. **Physiotherapy:** Studying physiotherapy at university and specialising in rehabilitation, sports injuries, or working with professional athletes.

4. **Teaching:** Going on to study to become a PE teacher at primary or secondary level through a teaching qualification like a PGCE.

5. **Fitness Industry:** Careers in personal training, gym instruction, or fitness coaching, often with additional qualifications.

6. **Sports Psychology:** Focusing on the mental aspects of athletic performance, helping athletes manage stress, anxiety, and motivation.

7. **Sports Management:** Working behind the scenes in managing sports teams, events, or facilities, including roles in marketing and business development within sports organisations.

8. **Nutrition and Dietetics:** Focusing on the diet and nutrition needs of athletes or the general population to improve health and performance.

9. **Sports Journalism or Media:** Writing, reporting, or broadcasting in sports media, either online, in print, or on television.

10. **Exercise Physiology:** Studying how exercise impacts the body, working with professional teams or in clinical settings to help patients recover from injury or illness.

11. **Outdoor Education and Adventure Sports:** Becoming an outdoor pursuit's instructor or working in adventure tourism, guiding individuals in activities like hiking, kayaking, or climbing.

12. **Professional Athlete or Coach:** Continuing your own athletic development or becoming a professional coach in your chosen sport.

13. **Rehabilitation and Occupational Therapy:** Using physical education knowledge to help individuals recover from injury or illness, working in hospitals, clinics, or private practices.

14. **Public Health and Wellness Promotion:** Working with communities or organisations to promote active lifestyles and wellness programs to improve general public health.

A-Level PE can open many doors in the health, fitness, and sports sectors, providing a solid foundation for a wide range of higher education courses or professional qualifications.