

Windsor Sixth Form
Physical Education A Level
Course outline

Faculty	Physical Education
Subject	Physical Education
Course Title and Code	GCE Physical Education (2580)
Exam Board	AQA
Subject Mission Statement	<p>This course provides an exciting opportunity for students to build on their passion of PE and develop a more rounded knowledge of the factors that contribute to overall performance in sport. The course will build on the physical expertise of individuals in their chosen activity as well as increase their awareness and understanding of the physiological, psychological, biomechanical and contemporary issues that surround sport.</p> <p style="text-align: center;">Students opting for PE should</p> <ul style="list-style-type: none"> • Be committed to sport both in and outside of lessons • Be keen to improve their performance and work towards being the best they can be • Be prepared to enhance their knowledge and increase their understanding of the factors that affect performance and participation • Be prepared to experience and develop an interest in a variety of roles such as performer, official and leader/coach • Build on their previous experience to enhance their knowledge and increase their understanding of the modern day sporting arena • Evaluate and discuss current developments in sport such as the impact of new technology, sport-specific rehabilitation and use of ergogenic aids.
Course Outline	<p style="text-align: center;"><u>AS Unit 1 PHED1 Opportunities for and the effects of leading a healthy and active lifestyle (60% of AS)</u></p> <p>Applied Exercise Physiology This section focuses on how understanding the body and its systems can help lead to a healthy and active lifestyle and is limited to the following topics.</p> <ul style="list-style-type: none"> • Health, exercise and fitness, Nutrition, Pulmonary Function, Transport of Blood Gases, Cardiac Function, Analysis of Movement, Levers, Principles of Training, <p>Skill acquisition This section focuses on how skill is acquired and the impact of psychological factors on their performance through the following topics</p> <ul style="list-style-type: none"> • Characteristics and definitions of skill, Information Processing, Learning and Performance, <p>Opportunities for participation This section focuses on the benefits, opportunities, provisions and barriers to taking part in physical activity and sport. Topics covered include</p> <ul style="list-style-type: none"> • Benefits of physical activity to both the individual and society, Provision for active leisure, The role of schools and national governing bodies in creating opportunities for increasing participation, barriers to participation

	<p><u>AS Unit 2 PHED2 Analysis and evaluation of physical activity as a performer and/or in an adopted role/s (40% of AS)</u></p> <p>The practical coursework gives candidates the opportunity to acquire and apply knowledge and understanding in the evaluation of physical performance through</p> <ul style="list-style-type: none"> • the demonstration of specific personal skills and techniques in a variety of roles, in isolation and in conditioned practice/modified competitive situations • the observation, analysis and evaluation of their own and others' performance • the application of wider knowledge to improve performance. <p>Each candidate will be assessed on their ability to perform effectively in two of the following roles in a chosen activity</p> <ul style="list-style-type: none"> • practical performer • official/referee/umpire/judge • Leader/coach.
Goes Well With	Physical Education will support and is supported by a variety of the units covered in AS/A2 Biology and AS/A2 Psychology.
Careers and Higher Education	Physical Education will give you the qualification to study a number of sports or sports science based subjects at university. Teaching, Physiotherapy, Coaching, working within the leisure industry are just some of the careers that may be supported by this qualification.
Completed by	Mrs J Pritchard/Mr S Wilmore (October 2009)