

Sport and PE AS/A level

Introduction

Advanced level Sport and PE builds on your experience from Key Stage 4 and GCSE to enhance your knowledge and increase your understanding of the factors that affect performance and participation in physical education. The qualification looks to equip you with skills and knowledge required for higher education or the world of work.

Year 1

Unit 1

Opportunities for and the effects of leading a healthy and active lifestyle.

This unit involves the following topics:

- Physiological effects of adopting a healthy lifestyle.
- Short term effect of exercise/performance and the long term effects of training.
- Analysis of movement across a range of sporting actions.
- Acquisition of skills and the impact of psychological factors on performance.
- Opportunities for physical activity, benefits to the individual and society and the potential barriers faced by minority groups.

The unit will be assessed by a 2 hour examination which is worth 60% of the total AS level marks.

The specification offers students the opportunity to experience and develop an interest in a variety of roles in sport such as performer, official and or leader/coach.

Unit 2

Analysis and evaluation of physical activity as a performer and/or in adopted roles within a chosen activity.

Candidates will be assessed in 2 sections

A – The ability as a performer, official or leader/coach via demonstration in a practical situation.

B – Application of theoretical knowledge for effective performance and development of skills in a practical situation.

This unit is internally assessed and is worth 40% of the A/S marks.

The total A/S marks constitute 50% of the total A level marks.

Year 2

Unit 3

The focus of study in year 2 is that of optimising performance and evaluating contemporary issues within sport through the following topics:

- Energy sources and systems
- Elite preparation and training
- Specialised training and sports injuries
- The use of Psychological theories and techniques to optimise performance
- Concepts and characteristics of World Games and their impact on the state and individual
- Development and impact of sports technology on performers, equipment and facilities.
- The development of sport from rational recreation to its modern day format.

This unit is assessed through a 2 hour written examination and is worth 30% of the total A level marks.

Unit 4

Practical coursework

In year 2 students use the experiences gained in Unit 2 as a foundation, and strive to optimise their performance in one of the nominated roles (performer, coach or referee). This unit is assessed internally and is worth 20% of the total A level marks.

Assessment

Unit 1 and 3 examination assessed

Unit 2 and 4 practical coursework

Specific Entry Criteria

Grade C in GCSE English Language and a grade D in Core and Additional Applied Science or grade DD in the Applied Science Double GCSE or grade D in Single Science GCSE Biology or Chemistry.