

# Physical Education

## Why study Physical Education

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment (NEA) component, you will also develop a wide-ranging knowledge of the how and why of physical activity and sport.

## Entry requirements

Ideally, you will have studied PE at GCSE, although this is not essential. Grade 7 or above would be advised at GCSE. If you have not previously taken the subject, then a Grade 7 in an equivalent subject, such as Biology, would be considered.

## Course content

The course involves four components:

- Physiological factors affecting performance (applied anatomy and physiology, exercise physiology, and biomechanics)
- Psychological factors affecting performance (skill acquisition and sports psychology)
- Socio-cultural issues in physical activity and sport (sport and society, and contemporary issues in physical activity and sport)
- Performance in physical education (non-exam assessment)

## Relevance

An A Level in PE is highly relevant for careers in sports science, sports management, healthcare, and exercise and health. It can also complement further study in biology, human biology, physics, psychology, nutrition, sociology, and many more.

## Career versatility

The PE A Level course can lead to a range of career opportunities, including sports development, sports coaching, physiotherapy, personal training, and becoming a PE teacher. The transferable skills developed through the course, such as decision-making and independent thinking, are also useful in any career path you choose to take.

## Academic flexibility and skills developed:

Throughout the two-year course, you will have the opportunity to develop many transferable skills, including decision-making, psychological understanding of people, independent thinking, problem-solving, and analytical skills, as well as thinking and acting under pressure. These skills will be

developed through a combination of theoretical and practical work, including performance, coaching, and analysis tasks.