



ST DOMINIC'S
Sixth Form College



A Level Physical Education (AQA)

A new offering, to the already fantastic provision at St Dominic's, A Level PE will be commencing in September 2023. On campus, the college provides its students with access to a large, fully equipped sports hall and a separate gym, containing both cardiovascular and resistance training equipment. As of September 2022, the college has teams entered in the Association of Colleges (AoC) league for football, basketball, netball and badminton, providing students with the opportunity to compete against other sixth form colleges and sports academy teams. We also have a wide variety of sports that students can take part in during our Wednesday afternoon enrichment lessons.

About the Course

This course aims to develop knowledge, understanding and skills relevant to physical education. Students gain understanding of the scientific and socio-cultural factors that underpin physical activity and demonstrate their ability as either performer or coach.

What you learn

- 1. Applied Anatomy and Physiology-** develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery.
- 2. Skill Acquisition-** focuses on how skill is acquired and the impact of psychological factors on performance.
- 3. Sport and Society-** develop knowledge and understanding of the interaction between, and the evolution of, sport and society.
- 4. Exercise Physiology-** understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.
- 5. Biomechanical Movement-** develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.
- 6. Sport Psychology-** develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport.
- 7. Sport and Society and the Role of Technology in Physical Activity and Sport-** develop knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.

Assessments

1. 70% Theory to be assessed in two examinations worth 35% each

Written Paper 1: Factors affecting participation in physical activity and sport

Written Paper 2: Factors affecting optimal performance in physical activity and sport

2. 30% Coursework (of which 15% is practical)

Non-Examined Assessment (NEA): Students assessed as a performer or coach in the full sided version of one activity. In addition, they will also complete a written analysis of a performance.


What's Next

After completing this A-Level you will be able to progress onto a sports or health related university degree course in fields such as Physiotherapy, Sport and Exercise Science, Sports Therapy, Sport Nutrition, Sports Psychology, Exercise Physiology, Strength and Conditioning etc.

Entry criteria

- Grade 4 in English Language
 - Grade 5 in Maths
 - Grade 6 in Science (6, 6 in Combined Science)
 - GCSE PE at Grade 6 or above is preferable but not essential.
- Students must have a strong sporting ability in at least one sport listed in the AQA specification (see below) and be regularly taking part in competitive sport throughout the course in their free time, by being a member of a club or sports team.**

Activity list						
Amateur Boxing	Association football	Athletics	Badminton	Basketball	Camogie	Canoeing
Cricket	Cycling	Dance	Diving	Gaelic football	Golf	Gymnastics
Handball	Hockey	Equestrian	Hurling	Kayaking	Lacrosse	Netball
Rock climbing	Rowing	Rugby league	Rugby union	Sculling	Skiing	Snowboarding
Squash	Swimming	Table tennis	Tennis	Trampolining	Volleyball	
Specialist Activity						
Blind cricket	Boccia	Goal ball	Powerchair football	Polybat	Table cricket	Wheelchair basketball
Wheelchair football	Wheelchair rugby					

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*Figure Skating, Futsal, Ice Hockey, Inline Roller Hockey, Sailing, Triathlon, Water Polo, Windsurfing have been added in 2022.



Pgs. 30-35 for more NEA Detail



AQA A Level PE Specification