



A level Physical Education Information

Section A: Applied physiology

Here you develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. You will learn to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems, and the use of energy systems during different types of physical activity and sport, and the recovery process.

In exercise physiology you will learn about the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of that system.

Biomechanics involves developing knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport. In addition you will learn how to use biomechanical definitions, equations, formulae and units of measurement, demonstrating the ability to plot, label and interpret biomechanical graphs and diagrams.

Section B: Skill acquisition and sports psychology

This section focuses on how skill is acquired and the impact of psychological factors on performance. You will develop a knowledge and understanding of the principles required to optimise the learning of new, and the development of existing, skills. In addition you will also learn to interpret graphical representations associated with skill acquisition theories.



You will also study the role of sport psychology in optimising performance in physical activity and sport as well as developing the ability to understand and interpret graphical representations associated with sport psychology theories.

Section C: Sport and society and technology in sport

In this section you will develop knowledge and understanding of the interaction between, and the evolution of, sport and society as well as understanding, interpreting and analysing data and graphs relating to participation in physical activity and sport. You will also study the technological developments in physical activity and sport. Various 'ethical issues' in sport will be discussed including football hooliganism, drugs in sport and gamesmanship.

Section A, B and C all have equal weighting and are each worth 70 marks across the two exams. The questions are also the same comprising of multiple choice, short answer and extended writing.

Practical performance in physical activity and sport

This unit counts for 30% of your A Level mark where you are assessed as a performer or coach in the full sided version of one activity (20%). You also have to complete a written analysis of performance (10%). The list of activities accepted can be seen on the AQA website.