



Bloxham School

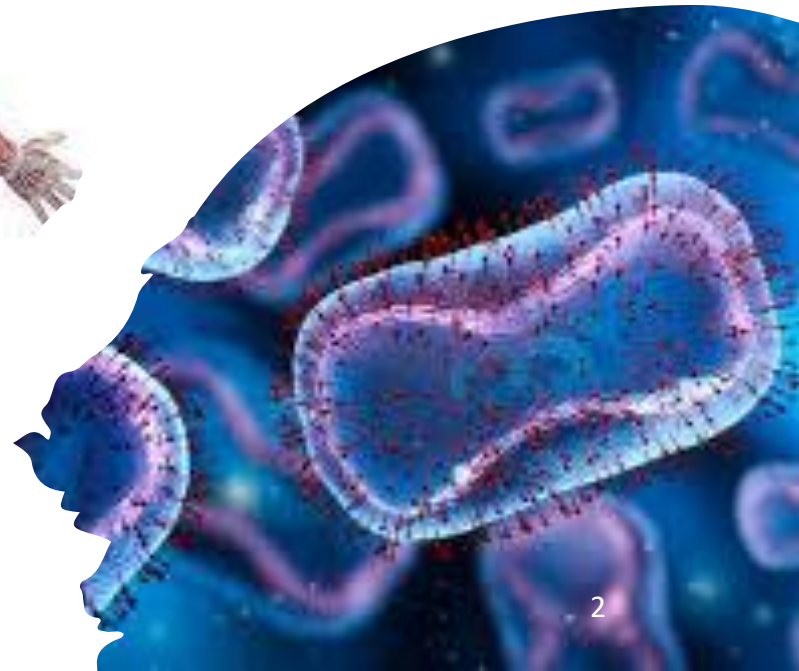
Physical Education

A Level + BTEC



Why choose this subject?

- A Level PE is one of the most diverse subjects at A Level
- A Level PE also offers a practical element, where students are assessed in their chosen sport
- The course is challenging but it also brings the theories and science behind sport to life, which makes it a very interesting and engaging subject for many students



The nature of the course



| Content Overview | Assessment Overview | |
|--|---|-----------------------------------|
| <ul style="list-style-type: none"> Applied anatomy and physiology Exercise physiology Biomechanics | Physiological factors affecting performance (01)* 90 marks 2 hour written paper | 30% of total A level |
| <ul style="list-style-type: none"> Skill acquisition Sports psychology | Psychological factors affecting performance (02)* 60 marks 1 hour written paper | 20% Of total A level |
| <ul style="list-style-type: none"> Sport and society Contemporary issues in physical activity and sport | Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour written paper | 20% of total A level |
| <ul style="list-style-type: none"> Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI) | Performance in physical education (04)* 60 marks** Non-exam assessment (NEA) | 30% of total A level |

Performance in Physical Education – Practical

- Moderation day
- So much sporting opportunity at Bloxham
- Video footage of performance – helps analyse own performance



Verbal coursework

- Live recording of a peer
- Oral response to analyse and critic their performance
- 15% of Course – 30 marks

What do we expect from candidates?

- A high standard in at least one sport
- A grade 6 or above in Biology is helpful
- A GCSE in PE is preferable
- A desire to learn sport as a whole – fully immersive course



With which subjects can it be combined?

- **Biology** – Ideal for the anatomy and physiology side of the course
- **Psychology** – Assists the sports psychology and skill acquisition aspect of the course
- **Mathematics** – the data aspect of sports analytics – Sports clubs now employ a data analyst to look at metres covered in a game
- **Physics** – Biomechanics of movement and objects



Higher Education and Careers?



- PE Teacher
- Physiotherapy
- Sports Coaching
- Sports Business Development
- Sports Analystist
- Sports Psychologist
- Sports Scientist
- Strength and Conditioning

Teaching Staff

- Mr Lovering
- Mrs Duncan - Jones
- Mr Walker
- Mr Ford



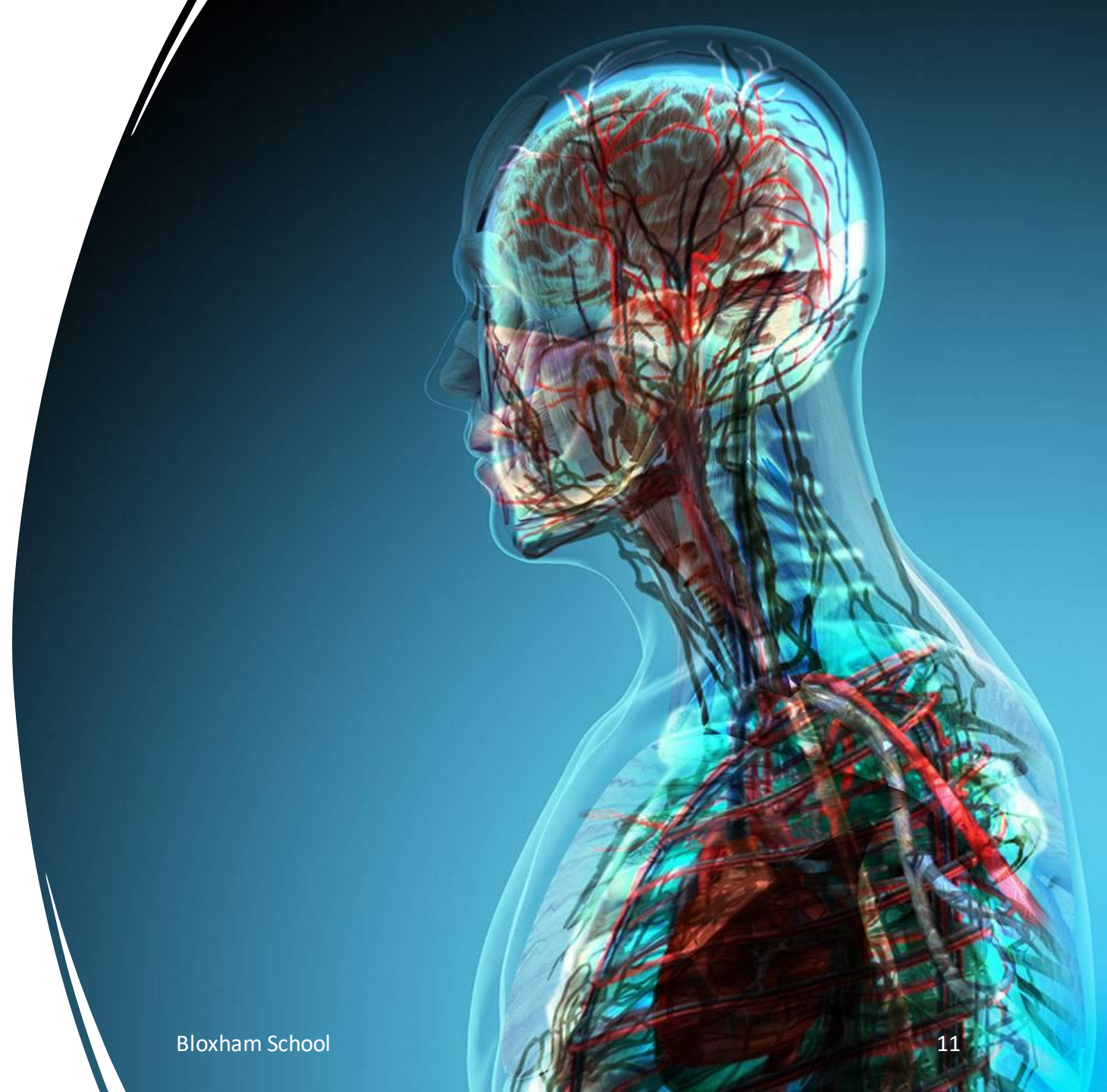
BTEC Sport – National Level 3



| UNIT | UNIT TITLE | GUIDED LEARNING HOURS | HOURS PER WEEK | ASSESSMENT METHOD |
|------|---|-----------------------|----------------|-------------------|
| 1 | Anatomy and Physiology | 120 | 3.5 | External |
| 2 | Fitness Training and programming for health, sport and well being | 120 | 3.5 | External |
| 3 | Professional development in the Sports Industry | 60 | 3.5 | Internal |
| 5 | Application of fitness testing | 60 | 3.5 | Internal |

Anatomy and Physiology

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Energy systems
- Inter relationship between systems



Fitness training for programming health, sport and well being

- Lifestyle factors
- Barriers to a healthy lifestyle
- Diet and nutrition
- Exercise
- Stress
- Programming



Professional development in the sports industry

- CV writing
- Understanding multiple jobs in the sports industry
- Work experience
- Development of pathways into chosen sports job



Application of Fitness testing

- Client PARQ
- Carrying out fitness test including – sprints, Illinois, 1RPM etc.
- Advantages and disadvantages of tests relative to your client and their sporting needs



BTEC – Coursework/Exam break down

- **1st Year of BTEC** – **Unit 1** – A+P (Exam based) **Unit 3** – Professional development in the sports industry (Coursework)
- **2nd Year of BTEC** – **Unit 2** Fitness training for health and programming (Exam based) **Unit 5** – Application of Fitness testing (Coursework)

