

PHYSICAL EDUCATION

WJEC A LEVEL

Physical Education and the world of sport science is forever evolving and this course has been designed to allow learners to develop an appreciation of Physical Education in a wide range of contexts. It is designed to integrate theory and practice with an emphasis on the application of theoretical knowledge. You will also develop an understanding of how the various theoretical concepts impact on your own performance, through the integration of theory and practice.

The Course Involves:

Year One:

Unit 1 - Exploring Physical Education

- Exercise physiology, sports psychology, skill acquisition, sport and society

Unit 2 - Improving Personal Performance in Physical Education

- Practical performance in one activity as a player/performer, and a coach or official
- Completion of a personal performance profile

Year Two

Unit 3 - Evaluating Physical Education

- Exercise physiology, sports psychology, skill acquisition sport and society

Unit 4 - Refining Performance in Physical Education

- Practical performance in one activity as a player/performer coach or official.
- Investigative Research

Assessment

AS

- **Unit 1** - Written Exam - 24%
- **Unit 2** - Practical Component - 16%

A Level

- **Unit 3** - Written Exam - 36%
- **Unit 4** - Practical Component - 24%

Particular Subjects, Skills or Interests

You will require a B/6 grade at GCSE PE and should have passed both the practical and theoretical aspects of the course. You should also have an active interest in sport and regularly participate in training and/or competitive sport.

Post-18 Opportunities

The qualification provides an excellent foundation to access a range of higher education courses especially within the areas of Sport Science and Physical Education. The course is advantageous for those considering careers in teaching, physiotherapy, sports coaching, sports management, the leisure industry and professional sport.

Subject Leader: Mr S Harrop

Subject Champions 2021/22



Mia Roberts

Studying: Welsh Baccalaureate, Medical Science, Physical Education and Sociology.

Future aspirations: professional footballer, scholarship to USA studying sports science.

Jacob Crump

Studying: Welsh Baccalaureate, Biology, Business Studies, Economics and Physical Education.

Future aspirations: to do a degree in sports science & physiotherapy.

"We have always loved sport. The course allows us to further develop our performance in our chosen sport. We have found theory topics such as analysis of performance, nutrition, training and sports psychology interesting in understanding how they impact on sporting performance. All our teachers are enthusiastic and make the lessons really enjoyable."