

PE and Sports Studies

Course content and Examination Requirements

AO1 - candidates should demonstrate knowledge and understanding of physical activity

AO2 - candidates should demonstrate the ability to apply skills, knowledge and understanding in physical activity

AO3 - candidates should demonstrate the ability to analyse and evaluate critically physical activity.

YEAR 12	YEAR 13
<p>At AS, this specification will develop knowledge and skills to help understand the opportunities for and effects of leading a healthy and active lifestyle. Candidates will be given the opportunity to build on their experience and improve their personal skills/techniques across a variety of roles in a sport of their choice to improve performance.</p>	<p>At A2, the specification enables candidates to further develop their understanding of key philosophical concepts, themes, texts and techniques. Candidates will be given the opportunity to specialise further, selecting two themes to study in depth and focusing on philosophical problems through the study of a key text. Problem areas relate directly to other areas of the specification and candidates will be able to draw on, develop and apply material from both the AS and A2 modules.</p>
<p>Unit 1: PHED 1 Opportunities for and the effects of leading a healthy and active lifestyle</p> <p>Topics</p> <ul style="list-style-type: none"> • The physiological effects of adopting a healthy lifestyle • The short term effect of exercise/performance and the long term effects of training • Analysis of movement across a range of sporting actions • Acquisition of skills and the impact of psychological factors on performance • Opportunities for physical activity, benefits to the individual and society and the potential barriers faced by minority groups. 	<p>Unit 3: PHED 3 Optimising performance and evaluating contemporary issues within sport</p> <p>Topics</p> <ul style="list-style-type: none"> • Energy sources and systems • Elite preparation and training • Specialised training and sports injuries • The use of psychological theories and techniques to optimise performance • Concepts and characteristics of World Games and their impact on the state and individual • Development and impact of sports technology on performers, equipment and facilities • The development of sport from rational recreation to its modern day format.
<p>Unit 2: PHED 2 Analysis and evaluation of physical activity as performer coach or official</p> <p>Topics</p> <ul style="list-style-type: none"> • Execution of skills/techniques in two roles (performer, official/referee/umpire/judge or leader/coach) in a chosen physical activity • Analysis of own performance • Application of theoretical knowledge to achieve effective performance. 	<p>Unit 4: PHED 4 Optimising practical performance in a competitive situation</p> <p>Topics</p> <ul style="list-style-type: none"> • Optimising performance in competitive or performance conditions in one role • Evaluation of own performance in identifying weaknesses • Suggesting cause of own weakness and an appropriate corrective measure

ASSESSMENT - AS	
Unit 1: Opportunities for and the effects of leading a healthy and active lifestyle	
Written paper – 2 hours (60% of total AS Level marks/30% A Level marks)	
Candidates are required to answer seven questions from section A and one from section B.	
Section A will require candidates to answer questions on applied physiology, skill acquisition and opportunities for participation.	
Section B will examine the application of theoretical knowledge to a practical situation.	
Unit 2: Analysis and evaluation of physical activity as performer coach or official	
Internal assessment with external moderation (40% of total A/S Level marks/20% of A Level marks)	
Candidates are assessed on their ability to perform, analyse and evaluate the execution of core skills/techniques in isolation and a structured practice as either: a player/performer and in an adopted role or in two adopted roles	
Section A requires candidates to be assessed on their ability in two from a choice of three roles.	
Section B will look at the theoretical factors that improve performance. Candidates are assessed on this element through the section B question in Unit 1.	
ASSESSMENT – A2	
Applied Psychology	
Unit 3: Optimising performance and evaluating contemporary issues within sport	
Written Paper - 2 hours (30% of total A Level marks)	
Candidates are required to answer six questions, two from Section A, two from Section B and two from Section C.	
Section A looks at how the application of physiological factors can optimise performance.	
Section B looks at how the application of physiological knowledge can optimise performance.	
Section C evaluates contemporary influences in sport and their impact on the performer.	
Unit 4: Optimising practical performance in a competitive situation	
Internal assessment with external moderation (20% of total A Level marks)	
Candidates are assessed on their ability to perform, analyse and evaluate their own performance of the core skills/techniques in a competitive situation as either a player/performer or in an adopted role.	
Then using their knowledge and understanding identify their weaknesses; suggest the causes of these weaknesses and appropriate corrective measures.	
A network of coursework advisors will be available for teachers to contact.	
AQA's assessment structure has been designed to achieve a balance between rigour, reliability and demands on candidates.	

Comparison with GCSE

Specifications for GCSE provide a firm foundation for all topics leading to AS and Advanced Sport and PE. It is recommended that students wishing to embark on AS/Advanced GCE have a minimum of grade B in GCSE PE or at least Dual Science Award. Applicants will be judged on individual merit.

Relevance to Further Studies and Careers

There are tens of thousands of people who work in, and owe their living to sport. Through coaching and teaching, outdoor pursuits, professional sport podiatry, leisure management, sports medicine, sports development and sports coaching, sports psychology, sports physiology, sports massage, therapy and rehabilitation, sports dieticians, journalism, sports science, physiotherapy, public relations, administration and management – the world of sport offers a rich variety of interesting and rewarding career opportunities.

For further information – Miss D. Egan and Miss A. Anderson (PE and Sport Department)