

# Physical Education/Sport, Exercise and Health Science

## A level

### What will I study and learn?

You will study the following topics as part of the two-year course:

- Applied anatomy and physiology: understand how the body changes before, during and after exercise
- Exercise physiology: the effect that diet, nutrition preparation and training have on performance
- Biomechanical movement: exploring the relevance of motion and forces on performance
- Skill acquisition: understanding how the learning of new skills and the development of existing skills can optimise performance

- Sports psychology: understanding how this can be used to optimise the performance of individuals or teams
- Sport and society: developing an appreciation of the evolution of sport and its impact on the modern day
- The role of technology in physical activity and sport.

The A level course requires students to have the ability to perform to a high standard within a physical activity detailed within the specification and that you have demonstrated this through a sustained commitment to participation in school or representative sport.

### How will I be assessed?

#### Paper 1

Factors affecting participation in physical activity and sport (35%)

- 2 hour written paper
- Applied anatomy and physiology, Skill acquisition, and Sport and society.

#### Paper 2

Factors affecting optimal performance in physical activity (35%)

- 2 hour written paper
- Exercise physiology and biomechanical movement, Sport psychology, and Sport in society, and the role of technology in sport and physical activity.

#### Non-exam assessment

(30%)

Written analysis of performance (15%) and practical performance in one activity from the accredited list set by the exam board (15%). Both are internally assessed and externally moderated.

## A level/IB

You will get the chance to visit Bath University's Sports Village Sports Science labs, and engage in practical fitness testing and training, as well as have the opportunity to explore other aspects of the course, such as the short-term effects of exercise on the body, in addition to nutrition and recovery.

The courses are both wide-ranging and challenging; the variety of skills and knowledge gained is thorough preparation for students interested in sport-related courses such as Sports

Science, Recreation and Leisure Management, PE teaching and the healthcare industry, but also for other areas of study. Recent PE students have gone on to study disciplines such as Law, Physiotherapy, Business Studies, Economics and History among others.

### Entry requirements

Due to the broad nature of the subject, you should obtain a grade 7 at GCSE in PE, Biology or Additional Science.

If you study the A level course, you must be competing regularly in one of the sports listed by the exam board.

You will need an enquiring mind and a willingness to work independently, displaying good organisational and time management skills. This should be coupled with an ambition to explore the fascinating range of topics offered throughout the courses.



## IB – Sport, Exercise and Health Science

### What will I study and learn?

Students at both SL and HL will study the following core and optional topics:

- Anatomy
- Exercise physiology
- Energy systems
- Movement analysis
- Skill in sports
- Measurement of human performance
- Optimising physiological performance
- Psychology of sports.

If you choose to study the higher level course, you will also study the following topics:

- Further anatomy
- The endocrine system
- Fatigue
- Friction and drag
- Skill acquisition and analysis
- Genetics and athletics performance
- Exercise and immunity.

### How will I be assessed?

Paper 1 (20%)	Paper 2 (35%)	Paper 3 (25%)	Internal assessment and individual investigation (20%)
Multiple-choice questions on core topics (+ higher level topics).	Data questions and short answers on core topics (+ higher level topics).	Short-answer questions in each of the two option subjects studied.	The students will undertake an individual assessment from a theme within the topics of optimising physiological performance and psychology of sports.

While the practical performance in a sport is not assessed directly in the IB course, there will be many opportunities to learn within a practical setting, hence, a willingness to participate, coupled with a keen interest in exercise and a good level of fitness, is required.

### Want to know more?

Mr Tom Lacey  
Head of Physical Education  
tlacey@bgs.bristol.sch.uk

Exam Board:  
[www.aqa.org.uk](http://www.aqa.org.uk)  
[www.ibo.org](http://www.ibo.org)

“In PE we study topics that we can relate to and apply to our own sporting pursuits. It's interesting to see the theory applied to a real-life context, such as sports within the media. The lessons are lively and communicative; we do a lot of individual presentations and learn through listening to our peers as well as our teachers.

Charlie Powell, OB 2018  
Courses: Physical Education,  
Mathematics and Biology