

# Physical Education

## 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.



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, OB**

Courses: Physical Education, Mathematics and Biology

## What skills will I develop

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.

## Future opportunities

The course is 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.

## Want to know more?

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

### How will I be assessed?

#### Paper 1

35%

##### Factors affecting participation in physical activity and sport

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

#### Paper 2

35%

##### Factors affecting optimal performance in physical activity

- 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.

#### ENTRY REQUIREMENTS

Due to the broad nature of the subject, you are expected to have obtained at least a grade 7 at GCSE in PE, Biology, or a grade 7,7 in Combined Science.