

# Physical Education (PE)

## Subject content

This course addresses topics such as: anatomy and physiology, sports psychology and the use of technology in sport to enhance performance. A Level PE offers a holistic and in-depth insight into a wide range of important and interesting topics. Section A is the Sports Science-based content, Section B looks at Sports Psychology and Section C looks at how sport has influenced and changed society. AQA Physical Education course specifications  
[<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>]

## Specific entry requirements

GCSE Grade 5 or above in Biology or Combined Science. Grade 5 or above in GCSE PE is also highly beneficial. Additionally, success in A Level PE is heavily reliant on students playing competitively or coaching regularly in sport.

## Assessment

You will be assessed at the end of the A Level course by examinations. Paper 1 covers Applied Anatomy and Physiology, Skill Acquisition and Sport and Society. Paper 2 covers Exercise Physiology and Biomechanics, Sport Psychology and Technology in Sport. You will also be assessed practically in your chosen sport.

## Progression opportunities

You will develop the skills, knowledge and understanding to prepare you for sports-related courses in Higher Education. Alternatively, you may wish to progress into employment within the sports industry. Popular careers and sports related university course include:

- Physiotherapy/sports massage
- Sports business/marketing
- Performance analyst
- Sports science
- Sports medicine
- Nutrition/dietitian
- Teaching/coaching
- NHS careers – occupational therapy and nursing
- Sports technology development
- Sports psychology

**Last updated:** 2nd September 2021

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