

Course details: A level PE



SUMMARY OF ASSESSMENT:

AS: UNIT 1: WRITTEN EXAM – **24% of qualification** - 1 ¾ HOURS. WILL INCLUDE A RANGE OF QUESTIONS TO INCLUDE MULTIPLE CHOICE, DATA RESPONSE, SHORT AND EXTENDED ANSWERS.

UNIT 2: PRACTICAL EXAM – **16% of qualification** - STUDENTS WILL ALL BE ASSESSED IN SCHOOL AND THEN SOME WILL BE SELECTED FOR EXTERNAL MODERATION. ASSESSMENT IN THE FOLLOWING

- PRACTICAL PERFORMANCE IN 1 ACTIVITY
- PERFORMANCE AS A COACH OR OFFICIAL IN THE SAME ACTIVITY
- PERSONAL PERFORMANCE PROFILE (WRITTEN PROJECT)

A2: UNIT 3: WRITTEN EXAM – **36% of qualification** - 2 HOURS. WILL INCLUDE A RANGE OF QUESTIONS TO INCLUDE DATA RESPONSE, SHORT AND EXTENDED ANSWERS.

UNIT 4: PRACTICAL EXAM – **24% of qualification** - STUDENTS WILL ALL BE ASSESSED IN SCHOOL AND THEN SOME WILL BE SELECTED FOR EXTERNAL MODERATION. ASSESSMENT IN THE FOLLOWING

- PRACTICAL PERFORMANCE IN 1 ACTIVITY AS A PLAYER COACH OR OFFICIAL.
- INVESTIGATIVE RESEARCH PROJECT

THEORY COURSE CONTENT:

AS:

- EXERCISE PHYSIOLOGY, PERFORMANCE ANALYSIS AND TRAINING: PERFORMANCE ANALYSIS IN SPORT, LEVERS, MOVEMENT ANALYSIS, MUSCLES BONES AND JOINTS, TRAINING METHODS, ENERGY SYSTEMS, DIET AND NUTRITION, RECOVERY PROCESS
- SPORTS PSYCHOLOGY: PERSONALITY, STRESS IN SPORT, MOTIVATION,
- SKILL ACQUISITION: SKILL AND ABILITY, LEARNING PROCESSES,
- SPORT AND SOCIETY: CULTURE AND SOCIETY, EMERGENCE OF MODERN SPORT, SOCIAL DIFFERENTIATION WITHIN SPORT

A2:

- EXERCISE PHYSIOLOGY, PERFORMANCE ANALYSIS AND TRAINING: SHORT TERM RESPONSES TO EXERCISE, LONG TERM ADAPTATIONS, DIET AND NUTRITION, BIOMECHANICAL PRINCIPLES, MOTION, FLUID MECHANICS
- SPORTS PSYCHOLOGY: ATTITUDES, AGGRESSION, SOCIAL FACILITATION, GROUPS AND LEADERSHIP, ATTRIBUTION THEORY,
- SKILL ACQUISITION: INFORMATION PROCESSING, MEMORY, FEEDBACK, REACTION TIME
- SPORT AND SOCIETY: ETHICS AND DEVIENCE, SPORT AND MASS MEDIA, COMMERCIALISATION AND GLOBALISATION, MASS PARTICIPATION AND EXCELLENCE

