

SPORT AND PHYSICAL EDUCATION

Course Length:	Studied over two years
Examination Board:	AQA
Course Leader:	Miss K Brown (brown@queenelizabeths.derbyshire.sch.uk)

Course Content

Students study:

- **Applied anatomy and physiology** - cardiovascular system, respiratory system, neuromuscular system, musculo-skeletal system and analysis of movement in physical activities
- **Skill acquisition** - skill, skill continuums and transfer of skills, impact of skills classification on structure of practice for learning, principles and theories of learning and performance, and the use of guidance and feedback
- **Sport and Society** - emergence of globalisation of sport in the 21st century and sociological theory applied to equal opportunities
- **Exercise physiology** - diet and nutrition and their effect on physical activity and performance, and preparation and training methods in relation to maintaining physical activity and performance
- **Biomechanical movement** - biomechanical principles and levers
- **Sports psychology** - aspects of personality, attitudes, arousal, anxiety, aggression, motivation, social facilitation, group dynamics and the importance of goal setting
- **Sport and society and the role of technology in physical activity and sport** - the role of technology in physical activity and sport

A-Level students study:

- Applied anatomy and physiology - energy systems
- Skill acquisition - memory models
- Exercise physiology - injury prevention and the rehabilitation of injury
- Biomechanical movement - linear motion, angular motion, projectile motion and fluid mechanics
- Sports psychology - achievement motivation theory, attribution theory, self-efficacy and confidence, leadership and stress management
- Sport and society and the role of technology in physical activity and sport - concepts of physical activity and sport, development of elite performers in sport, ethics in sport, violence in sport, drugs in sport, sport and the law, impact of commercialisation on physical activity and sport and the relationship between sport and the media

GCSE PE is NOT required for success on this course.

Assessment

Title	Assessment	A Level
Paper 1: Factors affecting participation in physical activity and sport <ul style="list-style-type: none"> • Section A: Applied anatomy and physiology • Section B: Skill acquisition • Section C: Sport and society 	Written Exam: 2hr	35%
Paper 2: Factors affecting optimal performance in physical activity and sport <ul style="list-style-type: none"> • Section A: Exercise physiology and biomechanics • Section B: Sport psychology • Section C: Sport and society and technology in sport 	Written Exam: 2hr	35%
Practical performance in physical activity and sport <ul style="list-style-type: none"> • Students assessed as a performer or coach in the full sided version of one activity (15%) • Plus: written/verbal analysis of performance (15%) 	Non-exam Assessment	30%