PHYSICAL EDUCATION

Examination Board Specification: Eduqas A550QS

Why Study Physical Education?: Students will develop a broad understanding of performance in sport through acquiring knowledge of physical, technical, tactical and psychological factors. Students will examine the relationship between theory and practice in sport and will broaden their appreciation of current sporting issues. The course allows students who are strong practical performers to refine their performance in order to enhance the level they compete at, whilst also developing a synoptic understanding of the theoretical concepts which can contribute to higher-level performance. Physical Education students should be inherently interested in both their own field of performance, but also in current affairs in sport. It is important that students realise that they will be expected to commit to assisting the department when it is required for larger sporting events or officiating/coaching within their chosen sport.

Content and Assessment of the Course:

<table>
<tr><th colspan="4">Advanced</th></tr>
<tr><td>Unit 1</td><td>Exploring concepts in Physical Education</td><td>2hr examination</td><td>35%</td></tr>
<tr><td colspan="4">Students will explore a range of theoretical concepts including exercise physiology, training and performance, movement analysis technology and biomechanics, sport psychology, skill acquisition and sport and society. They will be examined via multiple choice, data response, short answers and extended answers.</td></tr>
<tr><td>Unit 2</td><td>Evaluating Physical Education</td><td>2hr examination</td><td>35%</td></tr>
<tr><td colspan="4">Students will examine in detail a range of theoretical concepts including exercise physiology, training and performance, movement analysis technology and biomechanics, sport psychology, skill acquisition and sport and society. Students' understanding will be examined in a more critical manner with greater emphasis on short and extended answers demonstrating a wholly synoptic grasp of the topics. Significant emphasis will be placed upon the students' ability to demonstrate broad knowledge of current affairs in sport and to apply this to a range of theoretical topics to show an in depth understanding of the subject.</td></tr>
<tr><td>Unit 3</td><td>Improving Practical performance in physical education</td><td>Internal assessment</td><td>30%</td></tr>
<tr><td colspan="4">Students' performance is assessed either as a performer or coach in a full-sided version of one activity. Students should be performing or coaching to a high level in their chosen sport. Pupils also undertake a non-examination (NEA) element by analysing and evaluating their performance in order to refine performance.</td></tr>
</table>

Entrance Requirements: Given the practical nature of the course, students must be strong practical performers in one sport. The Physical Education Department can offer further advice here. Only students that have studied the subject at GCSE would be suitable and these students should at least a Grade 7 in the subject.