

Physical Education - A Level (AQA)

Are you ready to take your passion for movement to the next level?

Introducing A Level Physical Education – where science meets sport and endless possibilities unfold! Unleash your inner athlete as you dive into the intricate world of physical activity. This isn't just about breaking a sweat; it's about understanding the science and social dynamics driving every heartbeat, every sprint, every game-changing moment. Delve into the scientific mysteries behind peak performance and unravel the social threads that weave through the tapestry of sports culture.

Whether you dream of dazzling as a performer on the field or shaping future champions as a coach, this course equips you with the prowess to excel. And hey, it's not just theory – you'll be at the forefront of hands-on learning, honing your skills and knowledge through practical experiences that bridge the gap between theory and practice. Your journey from the GCSE arena to the A Level podium starts here. Are you ready to rewrite the playbook of your future with A Level Physical Education?

This course is available for international students, if you are applying as an international student please click [here](#).

WHAT WILL I STUDY?

Topics covered can include:

- Applied anatomy and physiology: Developing your knowledge and understanding of the changes within the body systems prior to exercise, during the exercise of differing intensities and during recovery.
- Skill acquisition: Focusing on how skill is acquired and the impact of psychological factors on performance.
- Sport and society: Developing your knowledge and understanding of the interaction between, and the evolution of, sport and society.
- Exercise physiology: Understanding the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.
- Biomechanical movement: Developing your knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.
- Sport psychology: Developing your knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport.
- Sport and society and the role of technology in physical activity and sport: Developing your knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.

WHAT WILL I NEED?

Start Date: 1 September 2025

Duration: 2 Years

Attendance: Full Time

Center: Angel Sixth Form College

<https://www.capitalccg.ac.uk/course/pdf/11477/>

You will need to meet the minimum entry criteria, plus:

- Combined Science grade 5 and 5
- PE at Grade 6
- BTEC Merit in Level 2 BTEC (or equivalent)
- You must also play, or coach, a sport competitively

HOW WILL I BE ASSESSED?

Assessment is 30% practical and 70% theory, with two examinations worth 35% each.

- Paper 1: Factors affecting participation in physical activity and sport
- Paper 2: Factors affecting optimal performance in physical activity and sport

WHAT WILL IT COST?

AGED 16-18

If you will be aged 16, 17 or 18 on 31st August prior to the start date of your course and you have the legal right to remain in the UK for the duration of your programme then your study with us will be free. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

WHAT CAN I DO AFTER?

A Levels are widely regarded as the standard entry qualification for top universities in the UK, and the rest of the world. Many of our students go on to study for a degree at the university of their choice, with some choosing to progress into apprenticeships or other employment.

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