

Contact Details of Key Staff

Curriculum Leader: Sam Hall

Email: shall6@bosworthacademy.org.uk

Headteacher:

Simon Brown

Bosworth Academy

Leicester Lane

Desford

Leicester

LE9 9JL

01455 822841

office@bosworthacademy.org.uk

bosworthacademy.org.uk

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Subject Guides



A-level Physical Education





A-level Physical Education

Introduction

Open up the world of sport - where students immerse themselves in the world of sports and PE and delve into the how and why of physical activity and sport. Students receive a well-rounded and full introduction to the world of PE, sport and sports science. Students develop practical skills, including communication using appropriate language, dealing with pressure, split second decision-making, analysing and evaluating performance, and more. Required Grade 5 in GCSE Physical Education, if GCSE Physical Education is not taken, then a grade 5 in English or Science. Students must be playing competitive sports regularly outside school.

What You Will Learn

Topics covered:

Physiological factors affecting performance; Applied anatomy and physiology; Exercise physiology; Biomechanics; Psychological factors affecting performance; Skill acquisition; Sport psychology; Socio-cultural issues in physical activity and sport; Sport and society; Contemporary issues in physical activity and sport; Performance in physical education

Where It Can Lead To

Students studying AS/ A Level Physical Education can go on to study such courses as Sports Science; Physiotherapy; Sports Management; Sports Development; Exercise Prescription at University. Careers this course could lead to are Teaching; Physiotherapy; Journalism; Coaching; Sports Nutrition; Sports Development and other such sport related jobs.