

why choose

PE

A Level

AQA  
STUDENT GUIDE



AQA

## MAKE A HEALTHY LIVING

Sport & fitness is a huge industry... and you can be part of it. If you're keen on sport you can make a healthy living from your passion. Whether that's working for a football club, as a personal trainer at the local gym, or training to be a physiotherapist, there are lots of opportunities.

From professional sport through to amateur teams and individuals who just want to get in shape, sport and fitness is a fast-growing business. Best of all, you could be in a career doing something that you love.

## THE UK IS SPORTS MAD

Every year more and more people take up sport. And as the UK is hosting the Olympic Games in 2012, physical education has never played such an important part in society. As somebody working in sports, you'll be riding the crest of a wave.

## YOUR KEY LEARNING TOPICS

In the first year there are two main study topics. The first of these covers the beneficial effects of a healthy lifestyle and includes subjects like the physiological effects of exercise and how people acquire sports skills. In the second study topic you'll learn how to analyse and evaluate an athlete's performance, how to improve performance, and the factors affecting gaining new skills.

In the second year you'll have two main study topics again. The first continues with the theme of optimising the performance of an athlete. This includes how physiology can improve performance for elite athletes, as well as studying the important topics within sport today. The second study topic looks at performance in competitive situations. This includes the observation and analysis of weaknesses, along with ways of correcting any errors the athlete is making.



## ON YOUR MARKS ...

In the first year you'll have two assessments. The first is a written paper which covers the first study topic of the year. This paper accounts for 60% of your marks for the year. The second assessment is a practical exercise where you will be marked as a player and/or coach and/or official, depending on your personal goals. This practical assessment is based on the second study topic of the year and accounts for 40% of your marks for the year. A pass is recognised with an AS level.

The assessment for the second year is the same. A two hour paper on the first study topic of the year accounts for 60% of your marks. Then a practical performance in a competitive

situation as a coach, official or performer, along with your oral and written presentation on how to correct weaknesses in an athlete, will account for the remaining 40% of marks for the year.

## WHERE WILL SUCCESS TAKE ME?

The subjects you learn about will be invaluable at a personal level and will help you to be better at sport, no matter what your standard. This A Level also opens up a whole number of career options. Like sport scientist, physiotherapist, or working for a national governing body.







## **WILL IT FIT IN MY LIFE?**

PE goes well with other subjects. If you want a career in physical education you might also consider courses like Human Biology. But no matter what your career ambition, if you are passionate about sport, this course is great to take alongside other topics.

## **CAN'T WAIT TO GET STARTED?**

Your tutor and career adviser will be the best people to talk to confirm whether PE is the right choice for you. They will be as passionate as you to find the best subject to develop your talents!

## **FOR MORE INFORMATION, VISIT:**

**[HTTP://WWW.AQA.ORG.UK/QUAL/GCE/PE\\_NEW.PHP](http://www.aqa.org.uk/qual/gce/pe_new.php)**

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*Dr Michael Cresswell, Director General.*

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