
A Level Physical Education





Sport and exercise is a growth industry at all levels and studying it will open many employment avenues. Alternatively, physical activity is an important leisure pursuit and serves to relax and refresh us after a hard day, giving us excellent opportunities to meet new people. Study Physical Education at St John Rigby College and you will receive high quality teaching and learning in well-equipped classrooms.

Introduction

Whatever your practical strength we can work with you to ensure you are assessed in your strongest area to maximise your marks.

Level Level 3

Specific course entry requirements

College entry to include GCSE science grade 4.

What will I study?

The practical component of this course allows you to improve, evaluate and appreciate performance either as an individual athlete or as a team player. The theoretical units covered on the course include the academic study of anatomy and physiology, skill acquisition, sports psychology, exercise physiology and socio-cultural studies.

There is a practical assessment which requires a demonstration of performance or coaching in one activity. In addition, you will carry out an analysis of a performer and devise an action plan to improve their performance.

How will I be assessed?

70% examination and 30% coursework. Coursework comprises of a practical performance in addition to a verbal analysis.

Where will this course lead me?

A high percentage of students choose to pursue a course in Sport Science, Sport Studies or Physical Education at university. PE will also give you a broad knowledge base and is acceptable as an entry to other courses in Higher Education. Employers in the public or armed services and the sports industry look favourably upon this subject.

