Champions keep playing until they get it right.

BILLY JEAN KING
What will I study?
Throughout the course you will develop your knowledge and understanding relating to scientific, socio-cultural and practical aspects of PE. This will include understanding the physiological and psychological states that affect performance, the role of technology in contemporary sport and the socio-cultural factors that influence people’s involvement in physical activity and sport.

The physiological element of the course involves investigation into anatomy and physiology, how the body responds to a range of physical activities, exercise physiology and the application of biomechanics in sport. During your physiology lessons you will be involved in practical workshops in college and study in world-class sports science labs. This makes up 30% of your total marks and culminates in a 2 hour written exam.

The psychological area of the course investigates how performers learn skills in sport and takes an in-depth look into sports psychology. This looks at the role psychology plays in preparing athletes mentally for the demands of sport. You will hear from experts in the field of sports psychology, who will deepen your understanding of the theoretical content. This makes up 20% of your total marks and culminates in a 1 hour written exam.

Socio-cultural studies examines issues in physical activity and modern day sport. You will study values in sport and consider ethical issues in sport related to the use of drugs and violence. Lessons will involve individual research, discussions and group work. This makes up 20% of your total marks and culminates in a 1 hour written exam.

The performance element of your course comprises of 30% of the overall marks. This includes practical assessment of your skills and overall effectiveness in your chosen sport as a performer or coach and an Evaluation and Analysis of Performance for Improvement (EAPI).

How will I study?
The PE course promotes independent learning and encourages you to take ownership over your own learning and progress. You will develop study and employability skills that will support you throughout your course and future work and studies.

You will complete initial research and create revision resources at the end of topics. You will undertake regular assessments, which will be rigorously tracked throughout the duration of your course.

Within lessons the PE department utilise class booklets, videos, group work, practical activities, social media and a range of quizzes and innovative approaches to maximise your motivation and engagement.

Stretch and Challenge is embedded into the PE Programme to extend high achievers, who will be involved in additional tutorial sessions, engage in wider reading and complete additional assessments to ensure learners potential is realised.

Carmel is a great college and the atmosphere is supportive, focused and enjoyable. Everybody at Carmel is very welcoming and there is lots of help given to you here. You have access to trips and visits, tutorials as well as excellent classroom and online resources.

I have always loved PE and studying A Level PE here has been brilliant. The course and lessons are fun and really interesting. You have a lot of work, but it really helps to prepare you for the exams and I am confident that my hard work will pay off.

I would recommend A level PE as it is a challenging but enjoyable subject. I look forward to my lessons, which are interesting and well taught. Teachers in the department are knowledgeable, supportive and passionate about PE and take a real interest in your sport. This has helped to make the subject engaging. Teachers also help you improve your study habits and exam technique.

I have been on a number of trips in the first 6 months of the course. We have visited Universities, Finch Farm (Everton Football Club’s training facility), the Manchester Football Museum and the Real Tennis Centre in Manchester. We have also attended a number of talks and workshops from professionals working in the sports industry, including the England Women’s Assistant Manager. These visits and talks have helped me with my subject knowledge, but also encouraged me to think about what opportunities there are for me to pursue in the future.

Taya Jones
Liverpool College
Studying: Physical Education, Biology, Psychology
TASS Athlete
How will I be assessed?

Any good sports performer needs to constantly test themselves and reflect upon performance in order to improve their overall effectiveness. Similarly, any good student needs the same rigorous approach to ensure constant improvement is made. In light of this, assessment is an important part of your studies in PE. You will undergo regular assessment in lessons through the use of questioning, the completion of quizzes and past exam questions as well as online assessments.

Assessment is done in a supportive environment and involves peer and self-assessment to facilitate teacher assessment and improve your knowledge of the exam.

At the end of your course you will complete three examinations, which make up 70% of your overall mark. The remaining 30% of your marks come from your practical assessment.

Practical assessments will be conducted in lessons and in planned moderations. You will also be required to provide video evidence of your sports performance and complete a competition log. Regular involvement in competitive sport is an essential part of the A Level PE course.

Where does this course lead?

Supporting over 600,000 jobs in the UK, sport is a £28bn industry and this fast-growing sector now ranks among the top 15 mainstream activities in the economy. The huge amounts of money in UK sport means that there are more jobs to pursue than ever before.

Students can go on to work at the cutting edge of elite sport, supporting top athletes as sports scientists, sports psychologists, strength and conditioning coaches, sports therapists, coaches and in many other roles. On the other hand, students may opt to pursue a career in teaching, community coaching or working within the health sector. Opportunities in sport today are exciting and vast.

Approximately half of our A Level Physical Education students go on to study a sport related degree at university. Courses including PE, Sport Science, Sports Coaching and Development and Physiotherapy have been popular amongst our learners. In recent years we have seen a number of our students go on to study sport at some of the most prestigious sporting Universities in England including: Loughborough, Northumbria, Liverpool John Moores, Edge Hill and Leeds Beckett Universities. Students have also used their A Level in PE qualification to go on to study other degree courses spanning as wide a field as Medicine and Accountancy.

How will I enrich my studies?

All sport students are encouraged to get involved with the college Enrichment Programme and in particular, the sporting opportunities on offer. Activities available range from the more recreational five-a-side football, table tennis, dodgeball and badminton sessions, to the competitive fixtures in rugby, football, basketball and netball. The department also runs an annual ski trip and organises a number of charity events. Involvement in these activities will be incredibly rewarding and enjoyable.

Students will also be provided with opportunities to meet with industry experts in the fields of sports science, sports psychology, physiotherapy and many more. Opportunities to attend university workshops and complete sports leadership and first aid awards are also available when studying PE.

A Level PE has been really enjoyable for me, I find the course content and my lessons interesting and engaging.

I enjoy how current the course content is, studying how sport is changing everyday helps to make it relevant and interesting. My favourite thing about studying A Level PE is that I can use what I am learning to improve my own performance. The physiology side enables me to see the advantages of particular recovery methods or training techniques. I have been able to apply these to myself and I can now notice considerable improvements in my performance.

Since joining Carmel, I have been provided with many opportunities to take part in sport and enrichment and I particularly enjoy being part of the football team. The team train and compete each week and the standard of play is really high. Training sessions are challenging and enjoyable and I feel like I am making progress and developing as a player.

I’ve also been to visit universities and met with people working in elite sport in a number of different roles. These opportunities have not only helped to improve my knowledge of sport and PE but have also aided me massively in deciding my career path. They’ve given me a greater insight into the different career opportunities open to me in the future. Meeting with role models working at the top level in sport has been really inspirational. On the back of these visits, I have decided that I would like to pursue a master’s degree in Sports and Exercise Science.

James Mooney
Tower College
Studying: Physical Education, Chemistry, Maths
What are the entry requirements for this course?

**Grade 5 in GCSE PE or a Merit in BTEC Sport.** Students are required to participate in one approved activity for the duration of their course. **GCSE grade 5 in Science and English Language and grade 4 in Mathematics.**

How good do I have to be practically?

To study A Level you are required to participate regularly in competitive sport for your chosen activity. You will need to maintain this involvement throughout the duration of your studies.

The range of activities has narrowed for the new specification but you can be assessed in individual activities such as gymnastics, contemporary dance, boxing or athletics, team sports including handball, hockey, football, netball and rugby and a range of specialist activities including wheelchair basketball and boccia.

For a full list of approved activities visit the PE page of the college website: www.carmel.ac.uk

How successful are Carmel’s students?

We are incredibly proud of the excellent grades achieved by our PE students. In 2020 92% achieved A*-C grades with 100% pass rate overall. Many of these students have now gone on to further their studies in Sport at university.

TASS

Carmel College is the only TASS Dual Career accredited College in the North West. TASS accreditation is acknowledgement of the work we do to support our talented athletes to succeed in their sport, whilst excelling in their studies.

The TASS programme involves our high performing athletes in 1-1 supportive meetings with the Dual Career Co-ordinator and sports staff, during which students receive guidance and their progress is closely monitored. Students also attend workshops with professionals working in elite sport.

In 2018-19 our athletes attended workshops related to sports nutrition, hydration and individually received guidance around their diet and training programmes.

We were also fortunate to have the England Women’s Assistant Football Manager speak to our students about life as a professional athlete and preparation for major competitions.

If you are a Talented Athlete looking to study A Level or Level 3 BTEC courses in the North West of England, visit us at one of our Open Events for more information about the support available.

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**Meet the Tutors**

Kate McDonnell  
Head of Department  

Jemma Garvin  
Sonia Lal  
Sean Kehoe  
Simon Verry  
Dominic O’Neil  
Get Active Co-ordinator

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Life at Carmel is great, everyone is so helpful and welcoming and support is always given if needed.

The college has arranged many valuable trips and tutorials with professionals who are very knowledgeable in their subjects.

Sport has always been a passion of mine and despite not being able to take GCSE PE, I have still been able to progress to study A Level PE.

I find the content really interesting and therefore always look forward to my lessons. Lessons are challenging and engaging and the expectations of students is really high.

We have been given the opportunity to go on several trips and attend a number of talks. I enjoyed visiting Hope University and exploring all the sports facilities, attending Finch Farm, the Manchester Football Museum and the Real Tennis Club in Manchester. All of these trips have supported topics we have covered in our course.

I would recommend A Level PE to anyone who enjoys sport and would like to pursue a career in the sports

**Anya Watters**  
Rainhill High  
Studying: Physical Education, Psychology, Biology, Core Maths

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