

How should I prepare for A Level PE?

It is very important that you continue to look back at your notes from PE, BTEC Sport or Cambridge National qualifications and GCSE science. There will be lots of materials for you to work through on the Carmel New Student Gateway. We suggest you look over the body systems including the muscular system, cardiovascular system and respiratory system and their response to exercise.

What is the course content and assessment structure of A Level PE?

A Level PE is split into 4 distinct areas comprising of the Physiological, Psychological and Socio-cultural aspects of sport that affect performance and the Practical component of the course.

The Physiological element of the course involves investigation of the body systems response to exercise, exercise physiology and biomechanics. This is the science element of the course and makes up 30% of your total marks. Students with a strong science background perform well in this area of the course.

The Psychological element of the course involves investigation of how performers learn skills in sport and sports psychology. Students studying A Level Psychology perform particularly well in this area of the course. This makes up 20% of your total marks.

The Socio-cultural element of the course examines issues in physical activity and sport. You will investigate the history of sport and its emergence into the contemporary commercial product it is today. You will also learn about ethical issues in modern day sport. This makes up 20% of your total marks.

The practical area of the course involves performance in one sport and an Evaluation and Analysis of Performance for Improvement. This is a verbal assessment. Each element makes up 15% of your total marks.

How is A Level PE different to BTEC Sport?

A level is described as a linear course, where you will be required to study for two years and sit a series of exams at the end of that period. BTEC is classified as a vocational course whereby students complete work unit by unit. Units are exam or coursework based. In BTEC you build up a portfolio of marks as you work your way through the course.

In A Level PE you are practically assessed and must be competing at a minimum of club level, ideally academy, county, regional or national level in your chosen sport. In BTEC Sport you are required to participate in sport and practical lessons, however, your level of practical competency is not assessed.

The A Level PE course is 30% Anatomy and Physiology and Exercise Physiology (science), and therefore suits students who enjoy and have strong subject knowledge in science at GCSE.

What are the entry requirements?

You are required to attain a minimum of a grade 5 in GCSE PE or a Merit in BTEC Level 2 PE plus GCSE grades 5 in English Language, and Science and a grade 4 in Mathematics.

How often are you set homework in A Level PE?

Homework and flip learning tasks are set each lesson. A Level PE has a big workload and therefore it is vital that you are highly motivated and have excellent organisation skills.

Practical requirements in A Level PE?

You are required to compete in one sport from the approved activity list. You must be competing regularly in this sport for the duration of your programme. You will be required to train and compete regularly in college, compete for the college teams and attend moderation events.