

# Physical Education

Develop knowledge of scientific, socio-cultural and practical aspects of PE

Understand the physiological/psychological states that affect performance

Take part in practical workshops and gain insights from industry experts

Develop transferable skills for future study and employment

## YOU WILL STUDY

- **Physiology** - 30% (Anatomy and physiology, exercise physiology, and biomechanical principles in sport)
- **Sports Psychology** - 20% (How performers learn skills in sport / mental preparation for sport)
- **Socio-cultural Studies** - 20% (Sport and society/ contemporary issues in sport)
- **Performance** - 15% (A practical assessment of your skills as a performer or coach)
- **Evaluation and Analysis of Performance for Improvement** - 15% (A verbal assessment in your chosen sport)

## ASSESSMENTS

- Three examinations - 70% (at the end of year two)
- Practical Assessments - 15% (you will be assessed in live moderations and using video evidence of your sports performance, alongside your competition log). 15% EAPI verbal examination.

Regular involvement in competitive sport is required to study A Level PE for one sport on the prescribed content list.

For a full list of approved activities visit the PE page of the college website: [www.carmel.ac.uk](http://www.carmel.ac.uk)

## SUPPORTING YOU

- We encourage independent learning to develop study skills
- Research and revision resources
- Regular assessments to track your progress
- A range of learning activities - booklets, videos, group work, practical activities, social media, quizzes
- 'Stretch and Challenge' activities for more able learners

## PROGRESSION

A Level PE leads to an array of opportunities. You will receive extensive careers guidance to support and prepare you for your next steps. Many students progress to study a sport related degree at university e.g. PE, Sport Science, Sports Coaching and Development and Physiotherapy.

**Imagine** what you can become

Sports Coach → Sports Psychologist  
 Strength and Conditioning Coach  
 Teacher → Community Coach → Physiotherapist  
 Sports Scientist



We are the only TASS Dual Career accredited College in the North West. TASS accreditation acknowledges the work we do to support our talented athletes to succeed in their sport, whilst excelling in their studies.

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.



Finch Farm, Everton FC

# Extra-curricular

Recreational activities - five-a-side football, table tennis, dodgeball and badminton sessions

Competitive sports - rugby, football, basketball and netball.

Meet with industry experts in sports science, sports psychology, physiotherapy and many more.

University workshops

Sports leadership and first aid awards



2023 Rugby League National Champions



Football Museum, Manchester

OUTSTANDING RESULTS FOR 2023

A\* - B 85% A\* - C 100%

SCAN HERE

FOR FULL COURSE DETAILS



EXAM BOARD

OCR



## My Experience

“I would recommend studying A Level PE to any bright and passionate athletes. I have been really engaged by the content and this has meant that lessons are not only enjoyable and interesting, but related to my own sports performance.

My favourite areas of the course have been the biomechanics, anatomy & physiology and sports psychology. The teachers deliver lots of support sessions and communicate with us outside of lesson time to help and support us. They have shown a massive level of care for me as an individual.”



*Lucy Cunliffe*

BRYCHALL HIGH SCHOOL  
PE, MATHS, FURTHER MATHS, BIOLOGY