

Subject: Physical Education

Qualification: GCSE

Exam Board: AQA

Specification Code: 8582



Who is the course for?



1. **Students Interested in Sport and Physical Activity:** Those who have a passion for sports, enjoy physical activity and participating in sports, and are interested in improving their personal performance in various sports and physical exercises.
2. **Students Considering a Career in Sports or Fitness:** Individuals who are thinking about a future career in sports science, coaching, fitness training, physical therapy, sports management, or other related fields.
3. **Students Looking to Understand the Science Behind Physical Activity:** Those who are keen on understanding the biological, physiological, and psychological aspects of physical activity and how it affects the human body.

The course covers various topics, including the benefits of physical activity, principles of training, anatomy and physiology, and socio-cultural influences on participation in sports. It combines both theoretical knowledge and practical skills, requiring students to demonstrate their ability in different physical activities.

What will I learn?

- The biology of the body, biomechanics of movement, fitness training principles and understanding the sociological and psychological theories and their impact on sport performance.
- Key theoretical sporting ideas and how these interact with practical performance. You will gain insights into the relationships they have with each other throughout the course
- The development of transferable skills including decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking, acting and reacting under pressure
- Effective planning for performance and how to respond to changing situations.

How will I be assessed?



Written Non-Exam Assessment (NEA) 40% Examination 60%

- NEA. One Performance Analysis task and 3 practical performances
- A total of two hour 30 minute assessment split over two examination papers (2 x 1 hour 15 mins) taken at the end of the two year course
- A wide range of question types including multiple choice, single mark, short answer and extended response questions
- The opportunity to demonstrate your knowledge of theory and performance skills in both your NEA and through the examinations.

How can I progress with this qualification?

