

A Level Physical Education.

Initial Topics.

Applied anatomy and physiology Students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Students should be able to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.

Skill acquisition This section focuses on how skill is acquired and the impact of psychological factors on performance. Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Students should be able to understand and interpret graphical representations associated with skill acquisition theories.

Stepping up from GCSE, there is a lot more socio-historical topics. Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society. Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport. Students develop an understanding of popular and rational recreation leading to the emergence of modern sport through to the globalisation of sport in the 21st century. Specifically students should understand the impact of the following social factors on the development of football, tennis and athletics.

The written coursework part contributes to 15% of their NEA. We highly recommend that students understand their own strengths and weaknesses and how these weaknesses could over time be corrected.

The full course of study is made up of the following topics, as set out in the Department for Education's Physical Education GCE AS and A-level subject content: • applied anatomy and physiology • exercise physiology • biomechanical movement • skill acquisition • sport psychology • sport and society • the role of technology in physical activity and sport.

The reading list we produced and possible films to watch all would be valuable to you)within the alevel [link](#))but do not feel obliged to purchase any. Audible do some great deals also.