

# Physical Education – Advanced Subsidiary GCE and Advanced GCE

## Course Synopsis

Advanced Level Physical Education is a multi-faceted subject. It offers an opportunity for sportsmen and sportswomen to develop a theoretical understanding of the physiological, psychological and sociological factors that underpin their sporting performance. This knowledge is used to enhance the performance of the individual.

All pupils considering taking this course should have a keen interest in all aspects of sport. They need an advanced and detailed understanding, which will involve extensive reading and independent research outside of the classroom.

The course is an excellent subject for those intending to pursue careers in teaching and coaching; medicine; the leisure industry; recreation management; health and fitness; the sporting media; or professional sport.

<b>Syllabus Summary</b>	
<b>Year 12 – AS Level (Edexcel)</b>	<b>Year 13 – A2 Level (Edexcel)</b>
<p><b>Unit 1:</b> The social basis of sport and recreation  <b>Section A:</b> UK and the European Context  <b>Section B:</b> Issues in Sport: The Olympic Case Study</p>	<p><b>Unit 4:</b> Global Trends in International Sport  <b>Section A:</b> World Cultures (one from N. American, New World, Developing and Asian cultures)  <b>Section B:</b> Synoptic Analysis of Trends in International Sport through Global Games</p>
<p><b>Unit 2:</b> Enhancing Performance  <b>Section A:</b> Acquiring Skill  <b>Section B:</b> <u>Option A – Practical Application</u>                      or  <b>Option B – Research Project</b>  <b>Section C:</b> Performance: Analysis and Provision  <b>Coursework</b></p>	<p><b>Unit 5:</b> Refining Performance                      Factors affecting Performance  <b>Section B:</b> Personal Exercise Programme  <b>Section C:</b>  <u>Option A – Practical Performance</u>                      Or  <u>Option B – Investigative Study</u>  <b>Coursework</b></p>
<p><b>Unit 3:</b> Exercise and Training                      Immediate effects of exercise.                      Musculo-skeletal structures in action.                      The circulatory, vascular and respiratory (CVR) systems in action.                      Measurement and evaluation of fitness components.                      Planning of fitness and training programmes.</p>	<p><b>Unit 6:</b> scientific principals of exercise and performance  <b>Section A:</b> Exercise and Energy Systems  <b>Section B:</b>                      Option A – Sports Mechanics                      or  <u>Option B – Sports Psychology</u>  <b>Section C:</b> Synoptic Analysis of Scientific Principles in the Development of Performance</p>
<p><b>Entry Requirements:</b> A minimum grade B in GCSE PE, double science award and English. Students should also be competing in a sport to an excellent standard at school or club level and continue to commit to their chosen sports for the duration of the course. <i>(It is recommended that pupils take biology A Level to support the advanced understanding of anatomy and physiology required).</i></p>	