A LEVEL PHYSICAL EDUCATION

The combination of physical performance and academic challenge provides an exciting opportunity for students who study A Level Physical Education. Studying this A Level gives you a fantastic insight into the world of sports performance.

Level 3 · A Level (or equivalent) · Truro College

TOP COURSE HIGHLIGHTS

STATE-OF-THE-ART FACILITIES | VARIED CONTENT | SPORT ACADEMY LINKS | EXCELLENT TUTOR SUPPORT

PRACTICAL APPLICATION OF THEORETICAL TOPICS

Using our excellent facilities you will learn about athletic performance in the classroom as well as during practical lessons.

INSPIRING AND MOTIVATING

The Sport department is friendly, supportive, motivating and inspiring. Your achievement relies heavily on your attendance, punctuality and commitment to learning, both independently and within lectures.

LEARN ABOUT YOUR OWN PERFORMANCE

Through your work on the non-examined assessment you will analyse and evaluate your own sport or coaching ability and develop strategies to support your performance.

WHY CHOOSE THIS COURSE?

A Level Physical Education is possibly the most varied and wide ranging A Level you can study. During your two-year course, you will learn about the wide range of factors which can determine sport performance. The course will enable you to develop a broad range of knowledge applied to your own performance as well as athletes in general. From the perspective of the individual athlete, you will learn about anatomy and physiology and biomechanical movement, as well as how psychological factors, training, nutrition, and technological development in sport may impact on the individual or team athlete. You will investigate how coaches and athletes utilise our understanding of skill acquisition and psychological methods to develop the performer.

You will also consider the wider impact that our environment and society have on a person's opportunity to participate and perform in sport. You will use much of this theoretical understanding to support a detailed analysis of your own performance as an athlete or coach as part of your non examined assessment.

WHAT WILL I LEARN?

Year One - This introduces physical education, including anatomy and physiology, acquisition of skills, and sport and society relating to participation in physical activity. **Year Two -** The second year of the course further develops the principles learnt in year one and covers the topics of applied physiology, biomechanics, sports psychology and technology in sport **Practical -** The practical element of the course is covered through Non-Exam Assessment (NEA) - This includes a practical assessment in one fully competitive activity as a performer or coach as well as producing a written account of two main weaknesses in your sport and highlighting methods to improve your own personal performance.

FOR THE LATEST COURSE INFORMATION
Scan for assessment arrangements, learner support, confirmed start dates and how to apply.

WHERE WILL IT TAKE ME?

This A Level is an excellent base for a university degree in Sport and Exercise Science, Psychology, Engineering, Physiotherapy, Business, Teaching and Coaching. University level options in Sport are available through the University Centre Truro and Penwith for those students who want to continue their higher education in Cornwall. Future career options include sport science, coaching, teaching, and physiotherapy.

ENTRY REQUIREMENTS

Five GCSEs at Grade 4 or above including Grade 6 in a science related subject, Grade 6 in English Language/Literature or a Humanities subject, and Grade 5 in Maths. Students should also be competing regularly in sport; one of which should be at or above county standard or equivalent.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

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