



## AS Physical Education



This course examines the physiological, anatomical, psychological, historical, social, cultural and performance related aspects of physical education and sport. It enables the performer to gain the knowledge and understanding necessary to enhance their performance and lead a healthy lifestyle. It also allows the performer to develop in other roles relating to the sporting environment such as coaching and officiating.

To take this course you need ...

Grade C or above in GCSE Science, English and PE (if taken)

An interest and enthusiasm for studying the theoretical aspects of sport

To be regularly training and competing in at least one sport.

A commitment to hard work, high self motivation and the ability to work independently on research tasks.

Who should not take the course?

Anyone who thinks it will be an easy option and just involves playing sport

Anyone who does not regularly play at least one sport/activity



### Course Outline

#### Unit 1: Participation in Sport and Recreation

- The unit content is divided into **two** sections
- The first section will develop the student's knowledge and understanding of what constitutes a healthy and active lifestyle. Students will investigate how the body responds and adapts to exercise, the components of physical and skill fitness and different methods of fitness training.
- The second section encourages the student to develop their knowledge and understanding of how competitive sport has developed over time. They will learn how a lifelong involvement in sport is encouraged.

**Assessed via examination - 50% of the overall grade.**

#### Unit 2: The Critical Sports Performer

- The fundamental aim of this unit is to engage participants in **four** tasks. These tasks will offer a framework of opportunities to develop practical experiences and conduct independent research into the structure, provision and analysis of physical activity.
- Students will have the chance to develop their performance in **two** chosen roles from a choice of **three** (performer, leader and official) and record their performance over a period of time.
- They will then undertake a study into the provision for all **three** roles at a local level, followed by a study of the provision for one role at the national level.
- Lastly, they will produce an analysis of their performances in the first task.

**Assessed through a portfolio of evidence - 50% of the overall grade**

#### Related Courses

Students may find Biology, Psychology and History AS Levels useful to take alongside AS PE.

#### Related Careers

The areas studied during this course will be useful for a variety of careers, such as the services, the police force, sports coaching, leisure management, health and fitness instruction, sports development and teaching.

Success in this course will enable you to continue on to study A2 PE and to study a sports related degree at university.

### **Assessment Tests and Core Tasks**

You will have regular assessment tests in Unit 1 across the year. Independent research tasks (core tasks) will also be set. Failure to meet your potential will result in a retest or extra help as appropriate. Your place on the course will be in question if you consistently underachieve.

### **Organisation**

You will need a large ring binder folder divided into sections corresponding to the above topic areas. You will need to bring it to every lesson. You will be completing so much work this year that you need to be organised right from the start.

### **Resources**

- Edexcel textbook
- Books in the library
- The Internet
- Journal Articles - PE Review
- Newspaper articles
- TV/Radio

### **After every lesson ...**

- Read though the notes made in class and ensure you understand them.
- Use a textbook to add extra notes to your class notes/

For further advice or information please contact Miss Porter (subject leader) on 01452 509240

