

# Physical Education

## Exam Board: WJEC

### Why Choose P.E.?

- You enjoy P.E. – both practical and theoretical aspects.
- You wish to give breadth to your studies.
- To enhance career opportunities in sport related professions, e.g. teacher, sports manager, physiotherapy, performance analyst, sports coach.

### Minimum Entry Requirements

- A minimum of 6 A\* to C grades at GCSE.
- A minimum of a **B** grade on the theoretical aspect of the GCSE PE course is required.

If you have any queries, please contact Mr N Roberts (Head of Department).

### AS course (40%)

#### Unit 1: Exploring Physical Education (Exam - 24% of qualification)

- Anatomy and Physiology – Joints, muscles, movement, warm up and cool down.
- Acquiring Movement Skills – How skills develop, abilities, practice methods, information processing.
- Socio-Cultural Studies Relating to Participation in Physical Education – Barriers to participation, sport and recreation, funding.

#### Unit 2: Practical (Non-exam assessment 16% of qualification)

- Assessed in practical performance of **one** activity as a player/performer.
- Assessed in a practical performance as a coach.
- Assessment in practical performance profile.

### A2 course (60%)

#### Unit 3: Evaluating Physical Education (Exam - 36% of qualification)

- Sport in society – Cultural issues in sport, discrimination in sport
- Skill Acquisition – Information processing and skill development
- Sports Psychology – Psychological perspectives/attitudes in sport.
- Biomechanics – The body in motion.
- Exercise and Sports Physiology – The body's response to exercise and training.

#### Unit 4: Practical (Non-exam assessment 24% of qualification)

- Assessed in practical performance in one activity as a player/performer, coach or official.
- Investigated Research

### Progression Routes

Sports Biomedicine & Nutrition, Sport Coaching, Sport Development, Sport & Exercise Science, Sport Management, Sport & Physical Education, Sport Conditioning, Rehabilitation and Massage, Sports Engineering.

### Career Opportunities

Sports massage, Sports analyst, Teacher, Sports lecturer, Sports Coach, Nutritionist, Sports development officer, Conditioning coach, Physiotherapist, Medical representative, Sports manager, Leisure centre manager, Sports psychologist.