

# PHYSICAL EDUCATION

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**Exam board:** Edexcel

**Assessment methods:**

Exams (70% of A-level) *Component 1: 2 hours 30 minutes (40%) Component 2: 2 hours (30%)*

Practical assessment (30% of A-level)

**Breakdown of course**

The course covers a broad range of areas and is seen as a multi-disciplinary subject covering aspects of biology, psychology, chemistry, physics, history and sociology. The core areas of investigation are:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanical movement
- Skill acquisition
- Sport psychology
- Sport and society
- The role of technology in physical activity and sport

Component 1 is called the Scientific Principles of Physical Education and Component 2's exam is referred to as the Psychological and Social Principles of Physical Education. In both papers students must answer all questions and there are a range of short, long and extended answer questions. Both papers also require synoptic evaluation from all aspects of the course.

The practical component requires students to select a sporting activity, either as performer or coach, and to be assessed against a set criteria depending on what sport is chosen. The practical performance is the first component of the non-examined element of the course and is worth 15% of the A-level mark and students also need to provide evidence of an ability to evaluate their own performance against ideal models as comparison points which is also worth 15% of the qualification.

**Overlap with other subjects:** As this is a multi-disciplinary course there are a multitude of other academic disciplines where skills from this syllabus can be transferred, the most obvious being the science based subjects.

*Updated 15/6/18*



**ROCHESTER**  
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Day & Boarding School | Year 7 to 6th Form