



Physical Education

Year: 12/13

“No matter what or where you come from if you work hard at something you can do it”

Mo Farah

Course content

Our A Level in Physical Education develops knowledge, understanding and skills relevant to physical education. Students gain understanding of the scientific and socio-cultural factors that underpin physical activity, and demonstrate their ability as either performer or coach.

Skills developed

- Higher level of understanding of theoretical principles across Physical Education including:

Component 01: Physical factors affecting performance

Component 02: Psychological factors affecting performance

Component 03: Socio-cultural issues in physical activity and sport

For more information

Mr Clough

gclough@wetherbyhigh.co.uk

Topics covered

Component 01: Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise.

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics.

Component 02: Students study the models and theories that affect learning and performance in physical activities and Sport Psychology

- Skill acquisition
- Sports psychology.

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity.

- Sport and society
- Contemporary issues in physical activity and sport.

