

PHYSICAL EDUCATION

A Level / BTEC Sport

These subjects will suit you if:

- you are passionate about sport
- you are driven to find out how you can improve your performance?
- you are interested in how our bodies push themselves to their physical peak?
- you are keen to understand what gives Olympic champions the psychological edge over their competitors?
- you are intrigued by why nearly one billion people would watch a single sporting event?



Practical- non exam assessment (NEA)

This will allow learners to explore and activity in detail as a performer, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

Learners are internally assessed in one practical activity 9 (from the approved list) and the Evaluation and Analysis of Performance for Improvement. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules under applied conditions.

BTEC Sport:

- Principles of Anatomy and Physiology in Sport
- The Physiology of Fitness
- Assessing Risk in Sport
- Fitness Training and Programming
- Sports Coaching
- Sports Development
- Fitness Testing for Sport and Exercise
- Practical Team Sports
- Practical Individual Sports
- Current Issues in Sport
- Leadership in Sport
- Rules, regulations & officiating in Sport
- Sports Injuries

Throughout the course, various accredited courses will also be undertaken, giving students a range of sports awards, including: CSLA, First Aid, Kayaking/Sailing, Junior Football Organisers, and more.



What You'll Study

A Level:

Theory – for exam assessment:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics
- Skill acquisition
- Sports psychology
- Sport and society

The examined components will provide the knowledge and understanding which will underpin the non-examined assessment (NEA)

Provisional Entry Requirements

A keen interest in sport, fitness and health is essential for both subjects. 4 x B grade GCSEs for A Level and GCSE PE or BTEC Level 2 Diploma in Sport for BTEC

PARRS WOOD | SIXTH FORM

Sport Facilities at Parrs Wood



- Sports Hall
- Gymnasium
- Dance studio
- Fitness Suite
- All weather astro-turf pitch
- Extensive playing fields

Ideas for Progression

Other subjects that would go well with PE are Biology, Psychology or Sociology.

With a qualification in PE you could pursue any career for which an understanding of the human body or human behaviour is desirable. This qualification is also suitable for any further study, at Higher Education, in social sciences, as part of a course of general education or one of the many sports-related degree courses. This could lead to careers in PE teaching, sport and physical activity, Coaching, Physiotherapy, Personal Trainer, working the leisure industry or recreational management of the health and fitness industry.

BTEC National Awards and Certificates are valued by employers and Higher Education (universities and colleges).

Sport is now such a huge industry that there are endless employment opportunities.



To find out more you can visit our website: www.parrswood.manchester.sch.uk/sixthform
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