

What is Physical Education?

Physical Education is an A Level that studies key components of sport and exercise related to the body, the mind and human behaviour. If you have a genuine interest in sport and like to analyse the world's top players and teams, this could be the course for you.

Why students choose this course

Students choose this course because they enjoy learning about the different aspects which make a successful performer.

Students like the fact the course contains several discrete sections including anatomy and physiology, psychology and sociology. Students also appreciate the fact they can enhance their mark using practical performance.

What the course covers

On the course, you will study a wide range of topics, including applied anatomy and exercise physiology, biomechanical movement, skill acquisition, sports psychology, sport and society, and the role of technology in physical activity and sport. Within each area, there are many different topics that will be studied and applied to the study of Physical Education and elite level sport.

The complete specification can be viewed on the A Level Physical Education page at <https://www.aqa.org.uk/>

What students can do with this course

A Level Physical Education is a recognised entry qualification to higher education. The course is often taken by students who progress to university and study degrees in teaching, business, sports science, coaching and physiotherapy.

How this course is assessed

70% Examination - assessed by two written examinations.

Paper 1: Factors affecting participation in physical activity and sport

A 2 hour paper that contributes 35% towards your overall A Level.

This paper has three sections, each with multiple choice, short answer and extended writing questions:

- A: Applied anatomy and physiology
- B: Skill acquisition
- C: Sport and society

Paper 2: Factors affecting optimal performance in physical activity and sport

A 2 hour paper that contributes 35% towards your overall A Level.

This paper has three sections, each with multiple choice, short answer and extended writing questions:

A: Exercise physiology and biomechanics

B: Sport psychology

C: Sport and society and technology in sport

30% non-exam assessment

15% written coursework and 15% practical performance in physical activity and sport. If you do not compete in competitive sport to a high level, you will be required to complete a rock climbing course, organised by Dixons 6th Form outside of curriculum time.

Entry requirements

All our course entry requirements are detailed in the entry requirements document located in the admissions section of our website.

Further Reading

Atherton, C. et al. (2016) AQA A level PE 1+2, Hodder, would provide potential students with an excellent resource that gives an in-depth account of all the units covered in the course which is vital for further understanding and to supplement their own notes.

The books are written in a way that is very accessible to students and also provides a reference point and guidance for the written coursework section of the course.

Student Profile:



Before Sixth Form, Muqaddas was a student at Queensbury. She studied A Levels in Physical Education, Biology and Chemistry and gained grades A*, A*, B. She left us to read Medicine at Hull York Medical School.

“ I chose A level PE because I have always loved sport and really enjoyed learning about the different discrete elements of the course. I also found the anatomy and physiology components linked well with my Biology A level and gave me a fantastic foundation to go on to study medicine at Hull York Medical School. ”