



## A Level in Physical Education

Location	Marple College
Course Type	College 16-18
Department	A Levels
Start Date	Monday 1st September 2025
Course Code	MFQ-ML3L-1102

## Course Overview

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A Level Physical Education is an ideal course for learners who wish to develop their understanding of key issues within sport. You will study anatomy and physiology, biomechanics, and the impact of exercise on the body systems. You will study the psychology of sports performance and how performers acquire and develop skills within sports. You will also study sport in society. This includes topics such as the history of sport in the UK, the impact of technology upon performance, and deviance in sport.

## Course Requirements

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PLEASE NOTE - YOU MUST APPLY FOR 3 A LEVELS

Standard A Level entry requirements: 5 x GCSE grade 5's or above (must include Maths and English Language).

## What You Will Learn

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This A level will teach you about the different factors that influence rates of participation in sport in society, and also elite athletes' level of performance, with the latter focusing on exercise physiology, biomechanics and nutrition.

## Assessment

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Learners are assessed three final theory exams that are worth 70% of their final grade:

Component 1: Physiological factors affecting performance is worth 30% and lasts 2 hours.

Component 2: Psychological factors affecting performance is worth 20% and lasts 1 hour.

Component 3: Socio-cultural issues in sport and physical activity is also worth 20% and lasts 1 hour.

The remaining 30% of the course is non-exam assessment. Learners' performance in one sport is assessed, with a practical score giving them up to 15%, and you will also undertake an oral exam that is worth 15%.

## Progression

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A Level Physical Education enables you to apply for higher education courses in sports science, sports management, healthcare, or exercise and health. It can also complement further study in subjects such as biology, human biology, physics, psychology, nutrition and sociology.

## Career Options

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exercise physiologist, nutritionist, sports coach, sports journalism, personal training

## Mandatory Units

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Over the course of the two years, learners will study the following topics: skeletal and muscular systems, cardiovascular and respiratory systems, energy for exercise, environmental effects on body systems, diet and nutrition, preparation and training methods, injury prevention and the rehabilitation of injury, biomechanical principles, levers and the use of technology, linear motion, angular motion, fluid mechanics and projectile motion, skill acquisition, sports psychology, emergence and evolution of modern sport, global sporting events, ethics and deviance in sport, commercialisation and media, routes to sporting excellence in the UK, and modern technology in sport.

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.