

A Level PE Content Breakdown

<p><u>Component 1:</u></p> <p>Scientific Principles of Physical Education</p>	<p><u>Content overview:</u></p> <ul style="list-style-type: none"> ● Applied anatomy and physiology ● Exercise physiology and applied movement analysis 	<p><u>Written examination:</u></p> <p>2 hours and 30 minutes 40% of the qualification 140 marks</p>
<p><u>Component 2:</u></p> <p>Psychological and Social Principles of Physical Education</p>	<p><u>Content overview:</u></p> <ul style="list-style-type: none"> ● Skill acquisition ● Sport psychology ● Sport and society 	<p><u>Written examination:</u></p> <p>2 hours 30% of the qualification 100 marks</p>
<p><u>Component 3:</u></p> <p>Practical Performance</p>	<p><u>Content overview:</u></p> <ul style="list-style-type: none"> ● Skills performed in one physical activity as a player/performer OR ● Skills performed in one physical activity as a coach 	<p><u>Non-examined assessment:</u></p> <p>Internally assessed, externally moderated 15% of the qualification 40 marks</p>
<p><u>Component 4:</u></p> <p>Performance Analysis and Performance Development Programme</p>	<p><u>Content overview:</u></p> <ul style="list-style-type: none"> ● Applied anatomy and physiology ● Exercise physiology and applied movement analysis ● Skill acquisition ● Sport psychology <p>Biomechanics is embedded within the content of Topics 1 and 2.</p>	<p><u>Non-examined assessment:</u></p> <p>Internally assessed, externally moderated 15% of the qualification 40 marks</p>