

Course Title: Physical Education
Course Code/Codes: 8582
Examining Body: AQA

What is the aim of this course?

During this course you will be expected to demonstrate a high degree of sporting skill and a serious commitment to the theoretical component of the course. You will examine health, fitness training and performance as well as study the anatomy and physiology of the body and sport.

You will also develop your practical ability in a range of different sports, analyse performance and find ways to improve your own performances in a variety of roles.

Why should I choose this course?

Physical education isn't just about sports. You will learn about health, well-being and the human body. Physical Education helps develop and maintain confidence, well-being and social skills. In addition, enterprise skills such as teamwork, risk taking, problem solving and creativity will be developed within a sporting context.

How will I be assessed?

Paper 1: The human body and movement in physical activity and sport

- Written exam: 1hr 15mins
- 30% of qualification

Paper 2: Socio-cultural influences and well-being in physical activity and sport

- Written exam: 1hr 15mins
- 30% of qualification

Practical: Practical performance in physical activity and sport

- Assessed on three different physical activities
- 40% of qualification

Is this course for me?

Do you... have a keen interest in PE and Sport? Represent a sports team or participate regularly in sports outside of the Academy? Demonstrate good levels of sportsmanship and behaviour in your PE lessons? If you answered 'Yes', then the physical education course is right for you.

Possible career opportunities

There are a range of career choices open to you should you decide to continue your education in physical education. These include:

- Sports science
- Physiotherapist
- Professional sportsperson
- Sports coach/consultant
- Sports policy at local and national level
- Diet and fitness instructor
- Personal trainer



Physical Education (PE)
GCSE