

A Level Physical Education (PE)



Course Level: Level 3

Campus: Stafford

Subject Type: Sport & Public Services

Course Overview:

Explore the role of physical activity in promoting health, fitness, and performance with our A Level Physical Education course. This interdisciplinary program covers a wide range of topics, including exercise physiology, sports psychology, and socio-cultural influences on sport and physical activity. Through practical activities, theoretical study, and critical analysis, students gain insight into the principles of effective coaching, development, and sports performance.

What's Covered:

This course equips learners with comprehensive knowledge, understanding, and skills in the scientific, socio-cultural, and practical aspects of physical education. It aims to develop confident, independent thinkers and effective decision-makers, whether working individually or in teams—skills valuable throughout life. We offer a flipped learning approach where students learn foundational topics at home and consolidate them in class through practical activities, group work, learning games, and the use of our intranet, i-site. Regular assessments will monitor progress, aligned with the structure of final external exams.

Students should regularly compete in their chosen sport, submitting video evidence for practical assessment and moderation. Our teachers, experienced athletes in swimming, gymnastics, and football, provide coaching and help students improve their practical grades through participation in NSCG sports teams. There's also an opportunity to compete in the British Colleges Sport National Championships. We recommend students purchase a relevant textbook for the course.

Entry Requirements:

You will need a minimum of five GCSEs at grade 5 or above including maths and English Language, in subjects relevant to your A Level or A+ Programme subject choices. You must also play at least one sport at representative level for the duration of this course.

Assessment Information:

This qualification is linear, which means all students will sit all their exams and submit all their non-exam assessment at the end of the two years. Assessment is comprised of three external examinations and two moderated practical based assessments with a verbal evaluation of performance.

Paper 1:

(2 hour written exam) 90 marks, Contributes to 30% of final grade.

Physiological factors affecting performance:

- 1.1 Applied anatomy & physiology
- 1.2 Exercise Physiology
- 1.3 Biomechanics

Paper 2:

(1 hour written exam) 60 marks. Contributes to 20% of final grade.

New Course

Top FE College

Psychological factors affecting performance:

- 2.1 Skill Acquisition
- 2.2 Sports psychology

Paper 3:

(1 hour written exam) 60 marks. Contributes to 20% of final grade.

Socio-cultural factors affecting performance:

- 3.1 Sport & Society
- 3.2 Contemporary issues in physical activity & sport

Non-exam assessment

(internal assessment, external moderation). Contributes to 30% of final grade.

- 4.1 Practical performance or coach in full-sided fully-competitive activity
- 4.2 Verbal analysis of a peer's performance (EAPI)

Fees and Financial Support:

This course is free for anyone aged 16 – 18.

College Maintenance Allowance (CMA):

Anyone with a gross household income under £30,000 can receive financial support to cover college related costs such as transport, meals, course equipment and uniform. Bursary support is based on individual circumstances and will be allocated to best suit your individual needs. A range of other financial support is available depending on your personal circumstances. For more details visit nscg.ac.uk/finance

Progression:

Successful completion of the course gives you a qualification that is accepted for entry into Higher Education for studies in a variety of Physical Education related fields including primary and secondary teaching, sports science, physiotherapy, sports therapy, sports psychology and physiology.

What else do I need to know?

We offer a range of compulsory and optional trips/talks on our A level PE programme to further your understanding of PE in a wider context of sport. These include; ski trip during Easter, National Football Museum, biomechanics/physio talks and a day trip to the University of Central Lancashire to experience some of the best sport science facilities in the country. Any students competing at county level or above in their chosen sport have the opportunity to enrol on to the [Elite Sports Performance Programme](#) where they have access to sports massage, subsidised gym and kit. We also have a partnership with Derby University as part of the Talented Athlete Scholarship Scheme. This again is for county level or above athletes who have access to world class facilities, coaching, kit/equipment and subsidised university fees. We take students on regular trips for strength and conditioning and fitness testing sessions and sport psychology talks.

Think of what you're capable of. Then think beyond it.

Step up to a top university or move into a competitive programme like Medicine or Law with our Honours Programme. Perfect for ambitious and high-achieving students.

The Honours Programme is an additional pathway for students whose aspirations are to progress onto highly competitive courses at top universities, such as those in the Russell Group. Once accepted onto the programme, you'll be expected to commit extra time every week to this intensive support pathway.

Find out more [here](#)

How do I find out more?

If you wish to find out more you can contact Hannah Dale by emailing:
hannah.dale@nscg.ac.uk