

A Level Physical Education

Studying A Level Physical education will give you an insight into the world of sports performance. You will have the chance to perform through the non-exam assessment component and develop a wide range of knowledge into the how and why of Physical activity and sport.

There are 6 theory components to A Level PE

Paper 1	Paper 2
Applied anatomy and physiology	Exercise physiology and biomechanics
Skill Acquisition	Sports psychology
Sport and society	Sport and society and technology in sport

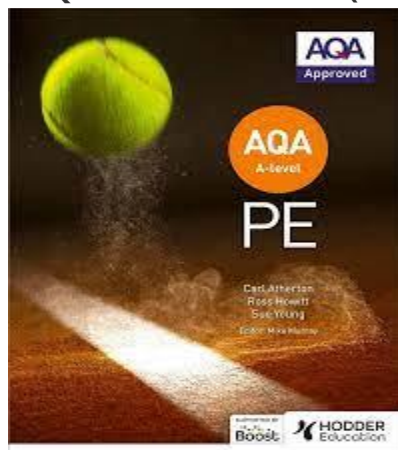
Specification

The exam board is AQA. Here is the link to the specification and resources
<https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance>

Textbook

It is recommended that you purchase the following textbook

AQA A-level PE (Year 1 and Year 2)



Author: [Carl Atherton](#)

Author(s): Carl Atherton; Sue Young; Ross Howitt

ISBN-13: 9781510473300

ISBN-10: 1510473300

Publisher: Hodder Education

Publication Date: 27 Sep 2019

Examples

Here are some videos to give you an idea of the content involved.

Applied anatomy and physiology

['Crash Course: The Heart, Part 2 - Heart Throbs: Crash Course Anatomy & Physiology' \(YouTube\)](#)

Skill Acquisition

['Variable Practice' \(YouTube\)](#)

Sport and society

['Horrible Histories Tudor Football' \(YouTube\)](#)

Podcasts

The A Level PE podcast by Lesley Malloch

<https://open.spotify.com/show/2OdIFWjyC0sV1GUxPxACt0?si=4d6nSbo4Qam6zhIpi51XYA>

Further Reading

Magazines/Journals/Newspapers

All newspapers are valuable resources for students. There is a sports section to be found in all of these!

Books

You do not need to purchase any of these but if you would like to read about some of the topics in greater depth here are a list of books related to components which are covered in this A Level.

Introduction to Sports Biomechanics: Analysing Human Movement

Patterns by [Roger Bartlett](#)

Sport Psychology: A complete introduction by [John Perry](#)

Mind Games by [Annie Vernon](#)

More Than a Game: A History of How Sport Made Britain by [David Horspool](#)

Principles of Anatomy and Physiology by [Gerard J. Tortora](#) and [Bryan H. Derrickson](#)

