

GCE Physical Education (2580)

AS outline

At AS, this specification will develop knowledge and skills to help understand the opportunities for and effects of leading a healthy and active lifestyle. Candidates will be given the opportunity to build on their experience and improve their personal skills/techniques across a variety of roles in a sport of their choice to improve performance.

The AS specification has 2 units:

Unit 1: Opportunities for and the effects of leading a healthy and active lifestyle

Topic list

- The physiological effects of adopting a healthy lifestyle
- The short term effect of exercise/performance and the long term effects of training
- Analysis of movement across a range of sporting actions
- Acquisition of skills and the impact of psychological factors on performance
- Opportunities for physical activity, benefits to the individual and society and the potential barriers faced by minority groups.

Assessment

Written Paper:	2 hours
Weighting:	60% of total AS Level marks 30% A Level marks

Candidates are required to answer seven questions from section A and one from section B.

Section A will require candidates to answer questions on applied physiology, skill acquisition and opportunities for participation.

Section B will examine the application of theoretical knowledge to a practical situation.

Unit 2: Analysis and evaluation of physical activity as performer and/or in an adopted role/s

Topic list

- Execution of skills/techniques in two roles (performer, official/referee/umpire/judge or leader/coach) in a chosen physical activity
- Analysis of own performance
- Application of theoretical knowledge to achieve effective performance

Assessment

Internal assessment with external moderation: 100 marks

Weighting:

40% of total A/S

Level marks

20% of A Level marks

Candidates are assessed on their ability to perform, analyse and evaluate the execution of core skills/techniques in isolation and a structured practice as either: a player/performer and in an adopted role or in two adopted roles

Section A requires candidates to be assessed on their ability in two from a choice of three roles.

Section B will look at the theoretical factors that improve performance. Candidates are assessed on this element through the section B question in Unit 1.