

AS

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.

A2

At A2, the specification enables candidates to further develop their understanding of physiological, psychological and biomechanical aspects that optimise performance. Candidates will also explore and evaluate the impact of contemporary issues such as technology on sport and the performer. Candidates will be given the opportunity to utilise their own knowledge and understanding developed during the course to improve their own personal performance, as a practical performer, coach/leader or official.

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

Written Paper, 2 hours

60% of total AS marks, 30% of total A Level marks

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

Available January and June

Subject Content

- 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

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

Internal assessment with external moderation

40% of total AS marks, 20% of total 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

A network of coursework advisors will be available for teachers to contact

Available June

Subject Content

- 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

Unit 3: Optimising performance and evaluating contemporary issues within sport

Written Paper, 2 hours

30% of total A Level marks

Section A looks at how the application of physiological factors can optimise performance

Section B looks at how the application of psychological theories can optimise performance

Section C evaluates contemporary influences in sport and their impact on the performer

Available June

Subject Content

- Energy sources and systems
- Elite preparation and training
- Specialised training and sports injuries
- The use of psychological theories and techniques to optimise performance
- Concepts and characteristics of World Games and their impact on the state and individual
- Development and impact of sports technology on performers, equipment and facilities
- The development of sport from rational recreation to its modern day format

Unit 4: Optimising practical performance in a competitive situation

Internal assessment with external moderation

20% of total A Level marks

Candidates are assessed on their ability to perform, analyse and evaluate their own performance of the core skills/techniques in a competitive situation as either a player/performer or in an adopted role

Then using their knowledge and understanding identify their weaknesses; suggest the causes of these weaknesses and appropriate corrective measures

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Available June

Subject Content

- Optimising performance in competitive or performance conditions in one role
- Evaluation of own performance in identifying weaknesses
- Suggesting cause of own weakness and an appropriate corrective measure

Assessment Objectives

AO1

Candidates should demonstrate knowledge and understanding of physical activity

AO2

Candidates should demonstrate the ability to apply skills, knowledge and understanding in physical activity

AO3

Candidates should demonstrate the ability to analyse and evaluate critically physical activity