

# Physical Education

AS/A2



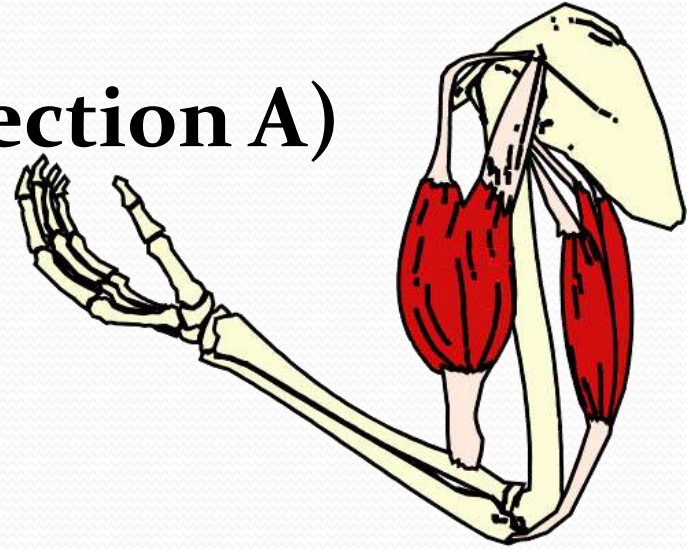


AS

# Theoretical Components

- **Anatomy and Physiology (Section A)**
- **Acquiring Movement Skills (Section B)**
- **Socio-Cultural Studies relating to participation in physical activity (Section C)**

# Anatomy and Physiology (Section A)



- The skeletal and muscular systems
- Motion and movement
- The cardiovascular and respiratory systems in relation to the performance of physical activity

# Acquiring Movement Skills (Section B)

- Classification of motor skills and abilities
- The development of motor skills
- Information processing
- Motor control of skills in physical activity
- Learning skills in physical activity



# **Socio-Cultural Studies relating to participation in physical activity (Section C)**

- Physical activity
- Sport and culture
- Contemporary sporting issues
- Performance

# Practical Component

Candidates will be assessed in:

- Performing two chosen activities

OR

- Performing one chosen activity and coaching/leading one chosen activity from two different activity profiles

OR

- Performing one chosen activity and officiating one chosen activity in two different activity profiles (30%)

AND

- Evaluating and planning for the improvement of performance (10%)



**A2**

The A2 course requires candidates to study **Three** of the five possible options with at least one of these options coming from section A :

Section A: Socio-cultural :

Option A<sub>1</sub> - Historical Studies

Option A<sub>2</sub> - Comparative Studies.

Section B: Scientific

Option B<sub>1</sub> – Sport Psychology

Option B<sub>2</sub> – Biomechanics

Option B<sub>3</sub> – Exercise in Sports Physiology

The Practical component of the A2 course requires candidates to be assessed in:

1. Performing one chosen activity from the activity and the evaluation, appreciation and improvement of performance.

OR

2. Coaching/Leading one chosen activity from one of the activity profiles and the evaluation, appreciation and improvement of performance.

OR

3. Officiating one chosen activity from one of the activity profiles and the evaluation, appreciation and improvement of performance.