

WJEC AS Level Physical Education Level 3



In a nutshell

This course covers the exploration of Physical Education and helps you to improve your own performance

This course is for you if...

- ... You love to be active
- ... You enjoy taking part in sports
- ... You want a blend of theoretical and practical study

What will I be doing?

The course is divided into two units:

Unit 1 – Exploring Physical Education



COURSE INFORMATION LEAFLET

Written examination: 1 hour 45 minutes, 24% of A Level qualification (60% of AS qualification).

Exercise physiology, performance analysis and training
Sport psychology
Skill acquisition
Sport and society

Unit 2 – Improving personal performance in Physical Education

Non-exam assessment, 16% of A Level qualification (40% of AS qualification).

Practical performance in one activity as a player/performer and as a coach or official
Personal performance profile

Assessment is based on practical coursework tasks and an exam in both the AS and A2 year.
Upon completion, you'll achieve:

AS Level Physical Education
A Level Physical Education
Skills activities

[English and Maths](#)

What is expected of me?

To enrol, you'll need a minimum of 5 GCSEs at Grade C or above, including English/Welsh First Language, Maths/Maths Numeracy, Science and Grade B in Physical Education.

Full commitment to attendance is required, as is respect for others, enthusiasm for the subject and self-motivation. You'll be continually assessed and there is an expectation that you'll continue your studies and coursework during your own time.

What comes next?

AS Level Physical Education can either be used as a 'stand-alone' qualification, in order to broaden your range of AS or vocational subjects, or it can be taken on to A Level. Successful completion of the A Level qualification can lead to university courses in subjects such as Sports Science, Sport Studies and Physiotherapy. AS and A Level Physical Education provide a useful

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foundation for careers in the sports industry and teaching.

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