

A Level Sports Studies

Examination Board: AQA
Specification Code: 7582 – A Level

Why Sports Studies?

The broad nature of the course means that Sports Studies can be combined with a wide variety of disciplines at A Level. The course will enable students to develop further personal skills such as problem solving, communication skills, independent research, report writing, statistical analysis and decision-making. This combination of skills means that A Level Sports Studies is now recognised by the majority of universities for matriculation purposes.

Entry Requirements

A Level Sports Studies is an extremely challenging course and we strongly advise in addition to the standard QEHS entry requirements that students have a minimum of two 6 grades or above in Science GCSE subjects, in either GCSE / Level 1/2 Certificate (IGCSE for UK Schools) or grade 6 in GCSE Combined Science.

Due to the practical content students must be able to perform or coach one sport to a high level.

Course Content

A Level Sport Studies is a two-year course and consists of two units. All candidates will select one practical activity either as a performer or coach.

Unit 1 – (70% Overall mark – Theory Element)

- Paper 1: Factors affecting participation in physical activity and sport – 2 hour exam (35% of Overall mark)
- Content: Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and Society
- Type of Questions: Each section has (35 Marks) including multiple choice, short answer and extended writing
- Paper 2: Factors affecting optimal performance in physical activity and sport – 2 hour (35% Overall mark)
- Content: Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport
- Type of Questions: Each section has (35 Marks) including multiple choice, short answer and extended writing

Unit 2 – (30% Overall Mark – Practical/Analysis Element)

- Non Exam Assessment: Practical Performance in physical activity and sport (Assessed as a performer/coach and provide written/verbal analysis of performance) (30% Overall Mark)
- Content: Internal assessment/external moderation and written/verbal analysis of performance (90 Marks)
45 Marks – Practical Performance
45 Marks – Written/Verbal Analysis of Performance

How does this learning differ from Pre-16 study?

The sports studies A Level goes into significantly more detail around the biomechanics of movement, psychological aspects, skill acquisition and physiology of sport. It is advantageous to have studied GCSE Sport Studies but not compulsory.

Prospects

With the move towards greater leisure time, there are now far more opportunities in the sports science industry. This combined with a course structure, which provides a sound academic basis, means that A Level sports studies, is relevant for a variety of employment opportunities/university pathways.

Contacts

Please contact Mr Burge (Head of PE), if you wish to discuss this qualification further.

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