

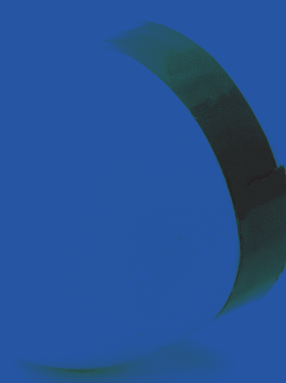
WJEC EDUQAS A LEVEL PHYSICAL EDUCATION

Why choose WJEC Eduqas A Level Physical Education?

This specification has been designed to allow you to develop an appreciation of physical education in a wide range of contexts. The specification is designed to integrate theory and practice with an emphasis on the application of theoretical knowledge. You will develop an understanding of how the various theoretical concepts impact on their own performance, through the integration of theory and practice.

What will I study?

The WJEC Eduqas A level in Physical Education equips you with a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education



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What skills will I develop?

By studying food and nutrition you will be able to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

How will I be assessed?

Component 1: Exploring Concepts in Physical Education

- 2 hours
- 35% of qualification
- 105 marks Contextualised questions to include multiple choice, data response, short and extended answers.

Component 2: Evaluating Physical Education.

- 2 hour examination
- 35% of qualification
- 105 marks
- Contextualised questions to include multiple choice, data response, short and extended answers

Component 3: Improving Personal Performance in Physical Education

- **Non-examination assessment: marked by your teacher, externally moderated by WJEC**
- 30% of qualification
- 90 marks
- **This includes:**
 - **practical performance in one activity as a player/performer or coach (15%)**
 - Learners must plan and deliver a progressive coaching session as part of a training programme
 - Activities that are acceptable for assessment as an official can be seen in Appendix B of the specification.
 - **Analysis and Evaluation of Performance (15%)**
 - The analysis and evaluation should help the learner to improve personal performance as a player/performer or coach. It must be linked to the chosen practical activity and contain research into appropriate theoretical subject content.

Careers with A level Physical Education

This qualification will build on subject content which you will have been taught at Key Stage 4 and will provide a suitable foundation for the study of physical education and sport at Level 4/5 for example the Sports Science or Sport and Physical

Education. This qualification will also provide a coherent, satisfying and worthwhile course of study for you if you do not progress to further study in this subject.