

A LEVEL PHYSICAL EDUCATION



CANNOCK CHASE HIGH SCHOOL

A C H I E V E M E N T F O R A L L

edexcel 
advancing learning, changing lives

THEORY COMPONENTS

70% of qualification

COMPONENT 1	
PAPER 1:	Scientific Principles of Physical Education Component code: 9PE0/01
EXAM LENGTH:	2 hours 30 minutes
WEIGHTING	40% of Qualification
MARKS	140
CONTENT OVERVIEW:	<ul style="list-style-type: none">• Topic 1: Applied anatomy and physiology• Topic 2: Exercise physiology and applied movement analysis• Biomechanics is embedded in both topics

Both components consist of

- short-answer,
- long-answer
- extended-answer questions.

These require students to use their knowledge and understanding from across the course of study in their answer.



COMPONENT 1 : 30%

<u>TOPIC 1</u>	<u>TOPIC 2</u>
Applied anatomy and physiology	Exercise physiology and applied movement analysis
<ul style="list-style-type: none">▪ Muscular Skeletal System▪ Cardiorespiratory system and Cardiovascular systems▪ Neuromuscular System▪ Energy systems: fatigue and recovery	<ul style="list-style-type: none">▪ Diet and Nutrition and their effect on physical activity and performance▪ Preparation and training methods in relation to maintaining and improving physical activity and performance▪ Injury prevention and the rehabilitation of injury▪ Linear Motion▪ Angular Motion▪ Projectile Motion▪ Fluid Mechanics



THEORY COMPONENTS

70% of qualification

COMPONENT 2	
PAPER 1:	Psychological and Social Principles of Physical Education Component code: 9PE0/02
EXAM LENGTH:	2 hours
WEIGHTING:	30% of Qualification
MARKS:	100
CONTENT OVERVIEW:	<ul style="list-style-type: none">• Topic 3: Skill acquisition• Topic 4: Sport psychology• Topic 5: Sport and society

Both components consist of

- short-answer,
- long-answer
- extended-answer questions.

These require students to use their knowledge and understanding from across the course of study in their answer.



COMPONENT 2: 30%

<u>TOPIC 3</u>	<u>TOPIC 4</u>	<u>TOPIC 5</u>
SKILL ACQUISITION	SPORT PSYCHOLOGY	SPORT AND SOCIETY
<ul style="list-style-type: none"> • Coach and Performer • The Classification and transfer of skills • Learning Theories • Practices • Guidance • Feedback • Memory Models 	<ul style="list-style-type: none"> ▪ Factors that influence an individual in physical activities ▪ Dynamics of a group/team and how they can influence the performance of an individual and/or team ▪ Psychology applied to sport ▪ Goal setting ▪ Attribution Theory ▪ Confidence and Self-Efficacy ▪ Leadership 	<ul style="list-style-type: none"> ▪ The factors leading to the emergence and development of modern day sport ▪ Globalisation of Sport ▪ Participation and health of the Nation ▪ Commercialisation of Sport ▪ Ethics and Deviance in Sport ▪ The relationship between sport and the media ▪ Development Routes from Talent Identification through to elite performance



PRACTICAL COMPONENTS

15% of qualification

COMPONENT 3

LIVE/ RECORDED EXAM: Practical Performance
Component code: 9PE0/03

EXAM LENGTH: N/A

WEIGHTING 15% of Qualification

MARKS 40

CONTENT OVERVIEW:

- Skills performed in one physical activity as a player/performer
- Skills performed in one physical activity as a coach
- Must be sports on the practical sports list for Edexcel A Level PE

- It is recommended that the minimum duration for the student activity is approximately 54 hours, combining preparation and the assessed performance.
- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students completing one physical activity from the set list on pages 26–27 of this specification.



PRACTICAL COMPONENT 15%

Physical activity	Rules
Acrobatic gymnastics*	
Amateur boxing	
Association football	Cannot be five-a-side.
Athletics	Can be assessed in one event from the disciplines of either Track or Field (including 5K and 10K track* and cross country*). Race walking is not a permitted Athletics event.
Badminton	
Basketball	Cannot be 'street basketball'.
BMX cycling*	Racing only, not tricks.
Camogie	
Canoeing	
Cricket	
Cycling	Track or road cycling.
Dance	Acceptable dances include: ballet, ballroom, contemporary/modern, cultural (includes hip-hop, Irish, Indian, jazz, Latin), folk and street.
Diving	Platform diving.
Equestrian	Can be assessed in either show jumping, cross country or dressage.
Field hockey	
Figure skating*	Men's and ladies' singles or team.
Futsal*	
Gaelic football	
Golf	
Gymnastics	Floor routines and apparatus.
Handball	
Hurling	
Ice hockey*	
Inline/Roller hockey*	
Kayaking	
Lacrosse	
Netball	
Rock climbing	Can be indoor or outdoor.

Physical activity	Rules
Rowing	
Rugby league	Cannot be tag rugby.
Rugby union	Can be assessed as sevens or fifteen a side. Cannot be tag rugby.
Sailing*	Crew-based events or single-handed dinghy. Royal Yachting Association recognised sailing-boat classes only. Students must perform as helmsman.
Sculling	Team* or singles.
Skiing	Outdoor/indoor on snow. Must not be on dry slopes.
Snowboarding	Outdoor/indoor on snow. Must not be on dry slopes.
Squash	
Swimming	Not synchronised swimming.
Table tennis	
Tennis	
Trampoline	
Triathlon*	Sprint only.
Volleyball	
Water polo*	
Windsurfing*	
Specialist physical activity**	Rules
Blind cricket	
Boccia	
Goalball	
Powerchair football	
Polybat	
Table cricket	
Wheelchair basketball	
Wheelchair rugby	

PRACTICAL COMPONENTS

15% of qualification

COMPONENT 4

COURSEWORK:	Performance Analysis and Performance Development Programme Component code: 9PE0/04
EXAM LENGTH:	Produced over 54 hours
WEIGHTING	15% of Qualification
MARKS	40
CONTENT OVERVIEW:	<ul style="list-style-type: none">• In the role of player/performer or coach analyse two components of a physical activity (one physiological component and either a tactical or technical component).• In the role of player/performer or coach analyse, implement and evaluate a Performance Development Programme.

- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students producing a Performance Analysis and then developing a Performance Development Programme.
- Students can be assessed in either the role of player/performer or coach.



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A C H I E V E M E N T F O R A L L

EXAMPLES OF SPORTS GRADUATE COURSES

