



A – level PE & BTEC Level 3 in sport

As part of preparation for our 6th form courses in Sport and Physical Education, click on the link below to access free accredited sports and health courses (see suggestions for each course)

Link to Open Learning free qualifications

<https://www.open.edu/openlearn/free-courses/full-catalogue>

A Level PE suggested Open Learning courses	BTEC – level 3 in Sport suggested Open Learning courses
<ul style="list-style-type: none">• <u>The Ancient Olympics: Bridging past and present</u>• <u>Eating to win: activity, diet and weight control</u>• <u>Exploring sport coaching and psychology</u>• <u>Exploring sport online: Athletes and efficient hearts</u>• <u>Exploring the psychological aspects of sport injury</u>• <u>Improving aerobic fitness</u>• <u>The science behind wheeled sports</u>• <u>The science of nutrition and healthy eating</u>• <u>Sport media and culture: Who's calling the shots?</u>• <u>Sporting women in the media</u>	<ul style="list-style-type: none">• <u>Coaching others to coach</u>• <u>Exercise and mental health</u>• <u>Communication and working relationships in sport and fitness</u>• <u>Improving aerobic fitness</u>• <u>The science of nutrition and healthy eating</u>• <u>Sporting women in the media</u>• <u>Working with young people in sport and exercise</u>



A – level PE films & box sets worth watching

Watching these will help develop your wider knowledge and understanding of developments in sport and society.



Sport films to help widen your knowledge

Film	Context and links to A-level/BTEC sport
The English Game Netflix (2020)	Historical and social issues Foundations and development of Football from amateur to professionalism, Industrial revolution
Tom Browns School Days - Staring Stephen Fry (2005)	Historical and social issues Codification of sport, Public schools, industrial revolution.
Icarus (2017)	Drugs in sport / Anatomy & Physiology Documentary unearthing issues with drugs and doping in sport.
Ali -Starring Will Smith (2001)	Historical drama. USA Muhammed Ali Boxing.
Miracle (2004)	Historical & sociological Ice Hockey, cold war USA/Soviet Union /
Stop at nothing the Lance Armstrong story (2014)	Drugs in sport /Anatomy & Physiology Cycling Tour de France, Drugs, Doping in sport.
Invictus (2009)	History and sociology Nelson Mandela, South African rugby.
When We Were Kings (1996)	Historical & sociological Documentary Muhammed Ali, American civil Rights movement in the 1960s
Senna (2010)	Historical documentary F1 racing, Ayrton Senna
I am Bolt (2016)	Anatomy & Physiology, training methods, coaching and sports psychology Usain Bolt, athletics, Olympics.
The Class of 92 (2013)	A must watch - local history and sociology!



A bit more about the courses and how they work

A-Level Physical Education	BTEC Sport Level 3
<p>While a small percentage of the course in Sport involves the 'doing' of sporting activities, the subject is much more about the scientific study of sport, anatomy & physiology, psychology and skill development, along with its importance within society.</p> <p>Learning about specific health benefits always proves popular with students looking to progress into a sporting profession, and uniquely, the subject helps develop qualities like leadership and organisation.</p> <p>Sports place in society is also looked at in-depth, analysing its role in schooling throughout the ages along with the differing trends of the times.</p>	<p>BTEC Sport is an exciting course and is designed to progress students onto a higher qualification. It consists of a range of technical and academic skills. It includes work-related learning, giving learners an edge and opening the doors to higher education or employment in sport sectors.</p> <p>There are clear progress routes: such as BSc in Sport, Physical Education and Coaching Science. BTEC Sport also supports progression into direct entry level roles such as; physical activity leader of fitness/leisure assistant.</p> <p style="text-align: right;">This course also provides you with transferable skills, such as; communication, team work and leadership skill</p>
<p style="text-align: center;"><u>Where will this course lead me?</u></p> <p>A-level Physical Education provides a platform to a range of higher education and employment opportunities, which include; Sports Science, Sports Media, Outdoor Education, Health Promotion, Physiotherapy, Armed Forces, Sports Management, Sports Development, Coaching/Teaching/Training, Personal Training and Fitness Industry, Professional Sport and Performance, Officers.</p>	<p style="text-align: center;"><u>Where will this course lead me?</u></p> <p>If you wish to get a job straight away you could work and train in: Sports Therapy, Health/Sport Clubs, Officiating, Sports Science, Sports Journalism.</p> <p>If you wanted to progress to University and gain a degree qualification then that could help you get in to the following careers; The Armed Forces, Police, Fire Service, Physiotherapy, Teaching Physical Education, Health Club Management, Sports Development Officer, Sports Nutritionist, Fitness Instructor and many more.</p>
<p style="text-align: center;"><u>How will I be assessed:</u></p> <p>Physiological Factors Affecting Performance – 2 hour exam. 30% overall mark.</p> <p>Psychological Factors Affecting Performance – 1 hour exam. 20% overall mark.</p> <p>Socio-cultural and Contemporary Issues- 1 hour exam. 20% overall mark.</p> <p>Performance within Physical Education - Externally moderated. 20% overall mar</p>	<p style="text-align: center;"><u>How will I be assessed:</u></p> <p>Unit 1: Anatomy & Physiology - externally assessed.</p> <p>Unit 2: Fitness Training & Programming for health, sport & wellbeing - externally assessed.</p> <p>Unit 3: Professional Development in the Sports Industry - internally assessed.</p> <p>Unit 5: Application of Fitness Testing - internally assessed</p>



A level PE exemplar questions

Physiological factors affecting performance

1.An elite marathon runner will have a very high aerobic capacity.

Explain how the aerobic system provides energy during a marathon and how cardiovascular adaptations as a result of an aerobic training programme can enhance aerobic capacity

2.Compare erythropoietin (EPO) and human growth hormone (HGH) as ergogenic aids to performance.

3.A footballer taking a free kick may apply sidespin to the ball to make it swerve.

Draw and label an airflow diagram of the ball in flight. Explain how spin causes the flight path of the ball to deviate.

Psychological factors and skill acquisition

1. Describe the theory of operant conditioning when applied to the learning of motor skills.

2. The multi-store memory model contains both short and long term memory stores.

Analyse how the short and long term memory stores are used in the performance of physical activities

3. Why is goal setting so important to effective performance in sport?

Explain how goal setting could be used in the different stages of learning to ensure effective performance in sport

Socio- cultural and historical factors

1. Goal-line technology was introduced in football to assist referees in making decisions as to whether the ball had crossed the line and a goal had been scored.

The results of a poll taken of 100 spectators' views immediately following a football match were that:

20% stated that they were against the introduction of goal-line technology.

80% were in favour of goal-line technology.

Why might some spectators be against the use of goal-line technology and others be in favour of its introduction?

2. Describe the main factors that have led to the commercialisation of sport in the 21st Century.

3. How might hosting a major sporting event have negative social effects on the host city or country?