

## Physical Education A Level

### Preparation work: Pre-course Reading, Research and Tasks

Pre-reading and research will help you to become more familiar with the topics you are going to study on your A Level Physical Education course. If you complete the tasks below they will also help you to become more confident when you start your course. Remember it is also a good idea to make sure you recap and consolidate your GCSE Physical Education or other Sport related courses.

### Specification:

Please find the AQA A level PE specification here:

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

This is a good place to see how much of the course you have already studied and the nature of the topics that might be completely new to you.

### Task 1:

#### YouTube Videos

Watch these three videos and try and write down notes as you are watching them, just key details so you could describe the videos when you come to college in September.

<https://youtu.be/vFRkSB46bl8> Cardiac Output, Stroke volume, EDV, ESV, Ejection Fraction

[https://youtu.be/yG7v4y\\_xwzQ](https://youtu.be/yG7v4y_xwzQ) Martin Hagger TED talk on Sports Psychology

<https://youtu.be/KI3WJXNhCJ8> Secrets of Elite Athletes

### Task 2:

#### Podcasts

Flintoff, Savage and the Ping Pong Guy (BBC Sounds)

<https://www.bbc.co.uk/sounds/play/p06v6cgr> Go to 53 mins 8 seconds and listen to the discussion about racism in football and Raheem Sterling. Write down some barriers that BAME (Black, Asian, Minority Ethnic) athletes face when trying to participate in sport. What are the possible solutions?

<https://www.bbc.co.uk/sounds/play/p063smz2> Go to 58 mins 40 seconds and listen to the discussion about the fear of failure. Do some research on a theory called Achievement Motivation and write some notes on what you find.

## Task 3:

### Films

If you have time over the summer months, watch any of the following films / documentaries. Think about the role sport plays in our society, is it always positive? Consider the difference between Physical Education and Sport. Is it the same thing or are they different?

- **Icarus** (2017)
- **Jerry Maguire** (1996)
- **Any Given Sunday** (1999)
- **Miracle** (2004)
- **Stop at Nothing: The Lance Armstrong Story** (2014)

### Books to Read:

**AQA A level PE (Year 1 & 2)** - Although expensive, this book covers the whole specification for AQA PE. You can buy Year 1 and 2 separately but they cost more and we often jump around topics and do not teach them in the same order as the books. They are also available electronically for free once you become a student at Godalming but having a book and annotating it can be very beneficial for long term memory.

### Progression Opportunities

#### Why choose Physical Education A Level:

**A Level Physical Education** is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. **Physical Education** can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more.

<https://www.ucas.com/job-subjects/physical-education>

Ignore some of the job examples at the bottom of the page – brewery worker seems a little tenuous from A level PE!

<http://www.apprenticeshipguide.co.uk/apprenticeship-by-industry-sector/sport-and-fitness>

<https://careers-in-sport.co.uk>

*We hope you enjoy completing these tasks and look forward to you joining the course.*

