

Sport:

- A-Level PE
- BTEC National Diploma in Sport

Standard Entry Guidelines

5 GCSEs with a mixture of grades 9-5 in a least 5 different subjects including English Language and Mathematics

A-Level PE

Exam Board: AQA

Entry Requirements

Standard plus a grade 6 in PE (if taken).

You also need to be good at a sport and play for a club at a decent level .

How is the subject assessed?

- 70% written exams at the end of Year 13: -Paper 1: Factors affecting participation in physical activity and sport, Paper 2: Factors affecting optimal performance in physical activity and sport
- 30% non-exam assessment: Practical performance in physical activity and sport

What will I study?

PE isn't just playing sport — you'll learn the science and psychology behind sport, plus show your ability in a real sport.

Written exams:

- How your body works (muscles, heart, breathing)
- How you learn and improve skills
- How sport affects society (e.g. culture, media, participation)
- How your body responds to exercise and training
- How movement works (biomechanics)
- How your mind affects performance (confidence, motivation, nerves)
- How technology is used in sport

Coursework (non-exam part):

- Perform or coach in one sport and
- Analyse performance

Is this subject right for me?

Ideal if you enjoy sport, compete regularly, and want to understand the theory behind performance. You should be ready to balance practical performance with academic study.

What Next?

A-Level PE helps you develop valuable skills Builds skills like teamwork, resilience and analysis. It can lead to careers in sport, fitness, and health — e.g. PE teacher, physiotherapist, coach, sports scientist or personal trainer.

BTEC Extended Certificate in Sport

Exam Board: Edexcel Level

Entry Requirements

Standard plus grade 5 in GCSE PE or equivalent grade 4 in BTEC Sport/VCERT

How is the subject assessed?

The subject is assessed through exams and coursework.

- There are **two external exams**, each worth **33.5%** of the final grade.
- There are also **two internal assessments**, each worth **16.5%** of the final grade.

What will I study?

You will study four units, three of which are mandatory:

- **Unit 1:** Anatomy and Physiology
- **Unit 2:** Fitness Training and Programming for Health, Sport and Well-being
- **Unit 3:** Professional Development in the Sports Industry
- **Unit 5:** Application of Fitness Testing

In these units, you will learn about how the body works, how to plan and deliver fitness programmes, develop skills for the sports industry, and carry out fitness testing in practice.

Is this subject right for me?

This course suits students with a range of sporting interests and helps prepare for a variety of careers in the sports industry.

What Next?

This qualification carries UCAS points and is recognised by universities.

It combines well with many subjects and can lead to a wide range of higher education courses, depending on your choices.