

WJEC AS Level Physical Education Level 3



In a nutshell

This course covers the exploration of Physical Education and helps you to improve your own performance

This course is for you if...

- ... You love to be active
- ... You enjoy taking part in sports
- ... You want a blend of theoretical and practical study

What will I be doing?

The course is divided into two units:

Unit 1 – Exploring Physical Education



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Written examination: 1 hour 45 minutes, 24% of A Level qualification (60% of AS qualification).

Exercise physiology, performance analysis and training
Sport psychology
Skill acquisition
Sport and society

Unit 2 – Improving personal performance in Physical Education

Non-exam assessment, 16% of A Level qualification (40% of AS qualification).

Practical performance in one activity as a player/performer and as a coach or official
Personal performance profile

Assessment is based on practical coursework tasks and an exam in both the AS and A2 year.
Upon completion, you'll achieve:

AS Level Physical Education
A Level Physical Education
Skills activities

[English and Maths](#)

What is expected of me?

To enrol, you'll need a minimum of 5 GCSEs at Grade C or above, including English/Welsh First Language, Maths/Maths Numeracy, Science and Grade B in Physical Education.

You should be participating in at least one sport at club level on a regular basis and where possible, you should play for the college if that sport is offered.

Full commitment to attendance is required, as is respect for others, enthusiasm for the subject and self-motivation. You'll be continually assessed and there is an expectation that you'll continue your studies and coursework during your own time.

What comes next?

AS Level Physical Education can either be used as a 'stand-alone' qualification, in order to

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broaden your range of AS or vocational subjects, or it can be taken on to A Level. Successful completion of the A Level qualification can lead to university courses in subjects such as Sports Science, Sport Studies and Physiotherapy. AS and A Level Physical Education provide a useful foundation for careers in the sports industry and teaching.

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