

COWLEY

SIXTH FORM COLLEGE

A-LEVEL

PHYSICAL EDUCATION

Overview

The course covers a variety of theoretical areas concerned with PE and Sport, including the anatomy and physiology of the body, how the body responds to exercise, biomechanics in sport, how we acquire skill in sport, the psychology of sport, sociocultural issues in sport (such as the influence of the media and sponsorship on elite sport), the drugs issue in sport, crowd and player violence, and a brief history of sport.

In addition to the theory element of the course, students will be assessed on any one sport that they currently play.

Working with elite sports

A-Level PE students work closely with physiotherapists at professional sports clubs as part of their anatomy and physiology lessons and during the sports injury unit. We also use data gathered from elite sportspeople when analysing fitness tests and athletic performance across all sports.

Cowley Sixth Form College has strong links with St Helens Rugby League Club.

DID YOU KNOW?

Saints legend, James Roby, is a former A-Level PE student here at Cowley Sixth Form College.



I have always enjoyed taking part in lots of different sports and so I have enjoyed doing this course.

My favourite part of PE is being able to link all the theory work to the practical elements of the course, recognising what is happening in practical lessons and why.



Progression

Many students have progressed to study Sports Science at university, with a considerable number studying for teaching degrees in Physical Education.

In recent years, students have pursued careers in physiotherapy and have ended up working for professional sports clubs such as Doncaster RL, Hull F.C. and Castleford RL.