

Physical Education

The Course

A Level Physical Education is a course that can help you achieve a wide variety of careers. From coaching, journalism, fitness, community sport, professional sport, administration and management, health, psychology and sports goods companies, the choice is vast.

During the course you will be expected to participate in a competitive sporting environment outside of school time as well as for the school.

Tasks

Before you start the course it would be beneficial to develop your understanding of Physical Education. The list below will help.

PE Books

- Bevis, P & Murray, M. AQA AS Physical Education (2008) Nelson Thornes.
- Roscoe D, Davis B, Roscoe J. AS Revise PE for AQA (2010) Jan Roscoe Publications
- Bizley, K. AQA Physical Education (2009) Nelson Thornes.
- Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press
- Walder, P. Mechanics And Sport Performance (1998) Feltham Press (1998)
- Burrows, S. Byrne, M. Young, S. AQA AS Physical Education Student Revision Guide (2008) Philip Allan Updates
- Wiggins-James, N. James, R. Thompson, G. AS PE for AQA (2005) Heinemann
- Sports rule books and coaching guides
- Sports Biographies/Autobiographies

Journals

- Journal of Sports Sciences
- Journal of Sport & Social Issues
- All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material
- National newspapers. The sports pages report global events and the biggest issues

TV

- Sky sports news
- Live sport – watch local, national and global events.
- Sports biographies and 'day in the life of' programs give an excellent insight into the world of the elite athlete

Websites

- www.mypeexam.com
- www.sportengland.org
- www.brianmac.co.uk
- <https://www.sport.wales/>
- **A level PE Year 1**
http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_30/eng/index.html

- NGB websites e.g. The FA www.thefa.com, The RFU www.rfu.com etc.

Live sport

- Active involvement in a sports club or team is essential.
- Go to live sports fixtures and events – **This is fun and may help your grades!**