

# Physical Education

## Course Content

AS students must take assessments in both of the following components, in the same series.

### **Component 1: Scientific Principles of Physical Education**

(\*Component code: 8PE0/01)

**Written examination: 2 hours and 30 minutes**

**40% of the qualification**

**90 marks**

#### **Content overview**

- Topic 1: Applied anatomy and physiology
  - Topic 2: Exercise physiology and applied movement analysis
- Biomechanics is embedded within the content of Topics 1 and 2.

#### **Assessment overview**

- Students must answer all questions.
- The assessment comprises two sections: Section A – Applied anatomy and physiology and Section B – Exercise physiology and applied movement analysis.
- The assessment consists of short answer, long answer and extended answer questions.
- One extended-answer question, marked with an asterisk, requires students to use their knowledge and understanding from across the course of study in their answer.

### **Component 2: Psychological and Social Principles of Physical Education**

(\*Component code: 8PE0/02)

**Written examination: 2 hours**

**30% of the qualification**

**60 marks**

#### **Content overview**

- Topic 3: Skill acquisition
- Topic 4: Sport psychology
- Topic 5: Sport and society

#### **Assessment overview**

- Students must answer all questions.
- The assessment comprises two sections: Section A – Skill acquisition and sport psychology and Section B – Sport and society.
- The assessment consists of short answer, long answer and extended answer questions.
- Two extended-answer questions, marked with an asterisk, require students to use their knowledge and understanding from across the course of study in their answers.

### **Component 3: Practical Performance (\*Component code: 8PE0/03)**

**Non-examined assessment: internally assessed, externally moderated**

**15% of the qualification**

**24 marks**

#### **Content overview**

- Skills performed in one physical activity as a player/performer

**OR**

- Skills performed in one physical activity as a coach

### Assessment overview

- It is recommended that the minimum duration for the student activity is approximately 54 hours, combining preparation and the assessed performance.
- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students completing one physical activity.
- Students can be assessed in either the role of player/performer or coach.
- As a player/performer, students will be assessed against set assessment criteria, which can be found in the *Practical Performance Assessment Criteria*. There is separate assessment criteria for each physical activity.
- As a coach, students will be assessed against set assessment criteria.

### Component 4: Performance Analysis

(\*Component code: 8PE0/04)

*Non-examined assessment: internally assessed, externally moderated*

*15% of the qualification*

**24 marks**

#### Content overview

- In the role of player/performer or coach analyse two components of a physical activity (one physiological component and **either** a tactical **or** technical component).
- In the role of player/performer or coach analyse, implement and evaluate a Performance Development Programme.

#### Assessment overview

- Carrying out and producing the Performance Analysis may take place over multiple sessions up to a combined duration of 54 hours.
- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students producing a Performance Analysis and then developing a Performance Development Programme.
- Students can be assessed in either the role of player/performer or coach.
- As a player/performer and coach students will be assessed against set assessment criteria.

#### Assessment

Two exams with Component 1 being 40% of the total grade and Component 2 being 30% of the total grade. One practical performance being 15% and a written assessment a further 15%.

#### Specification and Examination Board:

PE:  
[www.qualifications.pearson.com](http://www.qualifications.pearson.com)  
Examination Board: Edexcel

#### Useful for undergraduate study in:

Physiotherapy, sports marketing, sports journalism, sports product design, teaching, sports coach, motion analysis, statistical data analysis in professional sports teams.

