



The Gryphon School

Sixth Form

SPORTS STUDIES A Level Handbook



Contents

Course outline with key assessment dates	2
How the course is assessed	2
Link to syllabus	3
Access to resources	3
How the course is delivered	3
Departmental expectations	4
Area for recording target grades & modules etc.....	4
A summer holiday key skills task.....	5

Course outline with key assessment dates

The course is split into distinct areas with three different teachers taking responsibility for the varying topic areas.

These include:

- Applied anatomy and physiology
- Skill acquisition
- Sport and society
- Exercise physiology and biomechanics
- Sport psychology
- Sport and society and the role of technology in physical activity sport.

Each teacher has a total of three hours of teaching time over the two week timetable.

The Key Assessment Dates are:

- On-going end of topic assessments
- 2 x Exams in the Summer of Year 13
- 1 x Practical based assessment
- 1 x written piece of coursework

How the course is assessed

Examination – 70% of the A Level Grade

The assessment will take place at the end of the year for the A Level course, and includes the following:

- A wider range of question styles.
- Assessment of quantitative skills, at least 5% of the total assessment.
- Three compulsory sections containing: multiple-choice, short answer and extended writing.

Practical and Coursework Assessment – 30% of the A Level Grade

- Students are assessed as either a player/performer or coach in the full sided version of one activity of their choice, from the given list.
- 15% of the assessment is for the practical and 15% of the assessment is for the analysis and evaluation of performance.
- The practical assessment will be marked out of three areas of assessment, each worth 15 marks.
- The analysis and evaluation of assessment will be marked out of 45: analysis (20 marks) and evaluation (25 marks).

Link to specification

[AQA | Physical Education | A-Level | A-level Physical Education](#)

Reading Material

AQA PE for A-level 1: Year 1 and AS



Authors: Carl Atherton, Symond Burrows, Ross Howitt and Sue Young (Editor Mike Murray)
Publisher: Hodder Education
ISBN-13: 9781471859564
Price: £24.99
Publication date: 25 April 2016
Digital version available: Details TBC

AQA PE for A-level 2: Year 2



Authors: Carl Atherton, Symond Burrows, Sue Young, Ross Howitt
Publisher: Hodder Education
ISBN-13: 9781471859595
Price: £24.99
Publication date: 30 September 2016
Digital version available: Details TBC

How the course is delivered

The majority of the course is delivered in a classroom environment with pupils working individually, in pairs and in group discussions. As the theoretical content of the course accounts for 70% of the final A Level grade a lot of emphasis is put on Exam Style questions where pupils work through previous exam questions and develop effective exam technique. Due to the nature of the course pupils will also be expected to bring in their practical kit in order to learn through practical methods of teaching.

Departmental expectations

- Pupils are expected to purchase three separate working files in order to record and organise any notes and worksheets used in lessons.
- Pupils are expected to attend all lessons.
- Pupils will also be expected to bring appropriate practical kit in order to complete lessons where a practical environment suits the style of lesson.
- As the lessons involve a lot of work on Exam Style Questions it is expected that pupils will complete all homework tasks to a high standard and these must be handed in on time.
- Failure to complete any of the tasks outlined will result in a phone call home to parents along with consideration as to whether the pupil should remain on the course.

Area for recording target grades & modules etc

Approximate Grade Boundaries:

A*	A	B	C	D	E
78% +	68 – 77%	60-67%	52-66%	47-51%	36-46%

Anatomy and Physiology:

Topic:	Topic:	Topic:	Topic:	Topic:	Topic:	Topic:
Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:

Acquisition of Skill:

Topic:	Topic:	Topic:	Topic:	Topic:	Topic:	Topic:
Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:

Sports in Society

Topic:	Topic:	Topic:	Topic:	Topic:	Topic:	Topic:
Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:	Percentage and Grade:

Summer Tasks

Task 1 – Coursework related task

The following task should be completed using approximately 1500 words:

For the main sport that you play, research and describe why a Named Professional is at the top of their sport.

You must analyse how the performer uses the following skills in their sport:

Attacking Skills (500 Words) – describe which skills are classified as attacking and how you perform them in detail

Defensive Skills (500 Words) -describe which skills are classified as defending and how you perform them in detail

Tactical Skills (500 Words) - describe the tactical skills the performer may use in a competition or match and why they use different ones in different situations in detail

This must include descriptions of their technique and performance in a fully competitive situation.

Task 2 – Theory related task

Choose one of the following

1. Exercise Physiology –

Learn about the physiological responses to acute and chronic exercise and their relevance for athletic performance.

<https://www.my-mooc.com/en/mooc/exphys/>

2. Nutrition and exercise –

You will learn about the following; What are the basic concepts in exercise physiology and sport nutrition science? How is exercise being fueled for the different types of sports like; power sports, sprinting and endurance exercise? And how does protein support skeletal muscle mass and performance? In this course you will learn to estimate energy needs and understand thermoregulation and fluid balance. You will learn about the role of micronutrients and supplements in exercise performance.

Moreover, you will be introduced to some health issues related to doing exercise

<https://www.my-mooc.com/en/mooc/nutrition-exercise-and-sports/>

Please bring the work to your first lesson in September

If you have any questions please contact Mr.Cummings:

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