Sports Science at A Level will allow you to incorporate a broad base of academic study with an appreciation of how theory can be applied to practical situations.

The combination of physical performance and academic challenge provides an exciting opportunity. You can perform and then through the academic study gain the knowledge to improve your and others' performance or coaching through application of the theory.

You will learn the reasons why we do things, why some people outperform others - mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having on physical activity and sport. You will receive a well-rounded and full introduction to the world of PE, sport and sports science. This complete grounding in the subject provides a fantastic base on which to build when you move on to higher education, employment or further training.

Students will have the opportunity to develop a wide-ranging set of key skills, including communication using appropriate language, dealing with pressure, split-second decision making, interpreting and analysing data, as well as analysing and evaluating performance so improvements can be made.

A Level Sports Science includes the compulsory study of: Applied Anatomy and Physiology, Exercise Physiology, Biomechanical Movement, Skill Acquisition, Sports Psychology, Sport and Society and the Role of Technology in Physical Activity and Sport. Alongside this are the skills of PE which are examined via the NEA component on performance.

Component 1 - Physiological Factors Affecting Performance (30%)

This group of topics focuses on key systems of the human body involved in movement and physical activity. Candidates will develop their knowledge and understanding of the changes within these body systems prior to exercise, during exercise of differing intensities and during recovery. Application of this theoretical knowledge will enable candidates to understand how changes in physiological states can influence performance in physical activities and sport. Candidates will be expected to be able to interpret data and graphs relating to changes in these body systems during exercise of differing intensities and during recovery.

Component 2 - Psychological Factors Affecting Performance (20%)

This component focuses on the psychological factors affecting physical activities and sports, including: models and theories that affect learning and performance in physical activities; how different methods of training and feedback work and why their effectiveness differs from person to person; group dynamics and the effects of leadership and stress on performers.

Through the study of this component, candidates will gain a deeper understanding of the underlying psychological factors that influence our performance in physical activity and sport. They will learn how to apply the theories to practical examples, giving guidance and feedback in constructive ways that are suited to that individual's personality therefore assisting in developing practical performance in physical activities and sports.

Component 3: Socio-cultural and Contemporary Issues (20%)

This component focuses on the sociological and contemporary factors that influence and affect physical activity and sport for both the audience and the performer and how sport affects society. It includes the emergence and evolution of modern sport and how social and cultural factors shaped the characteristics of sports and pastimes in pre-industrial and post-industrial Britain. The impact of the modern Olympic Games will be understood as well as the impact on society of hosting global sporting events. The ever-evolving modern technology and its influence on sport performers and spectators will be understood and practical examples will be used by candidates to show the effect of modern technology.

Component 4: Performance within Sports Science (30%)

Learners will be required to undertake two parts within this component. Part 1: Performance/coaching of a sport or activity from the approved DfE list. Part 2: The Evaluation and Analysis of Performance for Improvement (EAPI) of a sport or activity from the approved DfE list. This does not have to be the same sport or activity that was undertaken in part 1, although it can be. Learners will identify and justify the major area of weakness within the performance to prioritise for improvement and will propose a long term development plan to improve the area of performance identified.