



<b>Assessment Overview</b>	
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x Applied anatomy and physiology x	
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	x 1 hour paper	20% of total A Level

## How can I prepare for the course?

- ¾ Keep abreast of current sporting affairs.
- ¾ Maintain high level of competence in at least two sports.
- ¾ Highlight strengths and weaknesses in your own sport and how to improve them.
- ¾ Speak to PE staff about aspects of the course.
- ¾ Read over and keep GCSE books.
- ¾ Have a genuine passion for sport/physical activity and all of its related topics.
- ¾ Subjects that could supplement A Level PE are Biology and Psychology.

