

# COWLEY

SIXTH FORM COLLEGE

A-LEVEL

## PHYSICAL EDUCATION

### Teaching staff

Mr Evans  
Mr Foster

### Overview

The course covers a variety of theoretical areas concerned with PE and Sport, including the anatomy and physiology of the body, how the body responds to exercise, biomechanics in sport, how we acquire skill in sport, the psychology of sport, sociocultural issues in sport (such as the influence of the media and sponsorship on elite sport), the drugs issue in sport, crowd and player violence, and a brief history of sport.

In addition to the theory element of the course, students will be assessed on one sport of their choice.

### Working with Saints RLFC

Cowley Sixth Form College has strong links with St Helens Rugby League Club.

A-Level PE students work closely with Saints' physiotherapists as part of their anatomy and physiology lessons and during the sports injury unit. We also use data from the Saints senior rugby squad when analysing fitness tests and athletic performance.

Those students who have rugby as their main sport can also take advantage of the college's senior rugby team, The Cowley Saints. The team plays in the North West Colleges Division One League, and represents Saints Rugby League as their Category 3 team. The team are currently league champions.

### Did you know...

James Roby, the current Saints Captain, is not only a former Cowley Senior Rugby Captain, but also a former A-Level PE student.

“

PE has always been a big part of my life. This course has helped me to develop my knowledge further and it has made me more confident about the career path I wish to follow after I leave, which is to be a PE teacher.”



### Becca Evans

#### Currently studying:

A-Level PE  
BTEC Science  
Applied Dip. Criminology



## Progression

Many students have progressed to study Sports Science at university, with a considerable number studying for teaching degrees in Physical Education.

In recent years, students have pursued careers in physiotherapy and have ended up working for professional sports clubs such as Doncaster RL, Hull F.C. and Castleford RL.