



Thank you for your application to study A Levels at our amazing High Pavement Sixth Form Centre, part of Nottingham College.

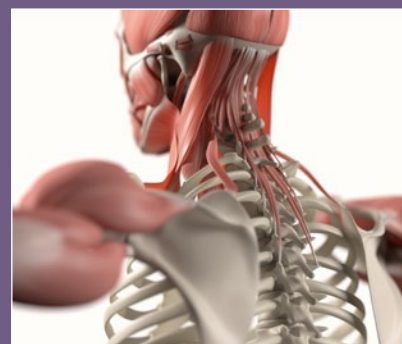
We're excited to be welcoming you to Nottingham College this September. Soon you'll be receiving your invitation to one of our enrolment events so that you can secure your place with us. This invitation should be with you early in August.

To help you prepare for A Levels at Nottingham College we have produced some materials and other resources for you. These are for your benefit so please do your best to look through the information relevant to the courses you have applied for. We hope you find them useful in preparing for A Level study. If you have any questions please don't hesitate to get in touch with us.

TASKS, RESOURCES AND RESEARCH

Studying Physical Education at A Level requires lots of practical and theory-based learning.

You've got to have a good grounding in biology and anatomy so these Powerpoint slides will provide you with a good overview of the muscular-skeletal system and how muscles and bones work together.



**Complete the tasks in
these Powerpoint slides
before you start with us
and you'll be ahead of
the game!**

LEVEL **UP** for PE

This course examines the world of sport through theory into practice.

During your studies you will examine a range of areas including physiological and psychological factors that affect performance, sport and society, skills acquisition, applied anatomy and technology and its role in sport. There will also be opportunities to get involved in sports academies in football and cricket.

If you're interested in biology and anatomy, perhaps in nutrition and improved performance through health and wellbeing, including mental health, this is a great course for you.



A career in PE

An A Level in Physical Education can unlock a whole range of careers and study at a higher level. Degree courses could range from sport science, sport coaching and development, sport and exercise science, physical education, sport business management, physiotherapy, teaching, sport related medicine, applied psychology, nutrition or youth work.

Careers could include:

- personal trainer
- nutritionist
- sport coaching
- teacher
- physiotherapist
- youth work
- health worker/social worker/development worker



More about studying at High Pavement

Taking care of you

Our Student Wellbeing team run activities, sessions and programmes to support your wellbeing. They also organise trips, host events and encourage you to get involved in a whole range of activities and movements in College and nationally. So, if you're passionate about the environment, why not join the Green Society, and if you want to champion LGBTQ rights, join our LGBTQ society. If you want to suggest setting something up, we're up for that too!

Who do you talk to?

Your Personal Tutor: if you need help with your course let them know right away.

Achievement Coach: if you are worried about things outside your course and you need to speak to someone, they'll be able to help you. If they can't resolve the issue, they will put you in touch with someone who can.

Careers Adviser: they can help you get advice and information about your next steps, plus work and training options. They can also access a range of support to develop the skills you need to progress to university, and ultimately into employment.

Specialist UCAS Advisers: they are at High Pavement to help with choosing your options, completing your UCAS application, and preparing for interviews. This can be particularly useful in preparing for Oxbridge, or those more difficult to access application processes, such as for medicine and veterinary science.

Student Services: if you need to talk to someone confidentially to discuss money or get some health advice, they are here for you.

Sports and activities

Love sport? You could take part in sports clubs and inter-college competitions. If you want to relax, we host stress-busting sessions to help you with your studies. We also have a wide range of sports on offer for beginners, plus activities such as British Sign Language and driving theory skills. Our specialist sports academies offer dedicated training in different sports, with the opportunity to gain coaching qualifications alongside your studies. You could even be in with the chance to apply for USA university sports scholarships. Find out more on our website.