

# A Level Physical Education



## Exam Board: OCR

This course encourages students to analyse the concept of performance from a range of physiological, psychological, biomechanical and sociological viewpoints. Through the diversity of its content, this course provides a whole array of skills for life such as communication, dealing with pressure, split second decision-making, analysing and evaluating performance, and more which would be suitable to any career path.

## Course Overview:

This challenging and rewarding course aims to encourage students to:

- Review their current participation in physical activity and identify the importance of their involvement as a player, or coach.
- Create a development plan and a life plan for their participation in physical activity.
- Foster an understanding of the sociological factors underpinning sport and physical education.
- Enable students to gain an insight into the physiological and mechanical factors affecting performance in sport and physical education.
- Develop an understanding of the psychological factors influencing behaviour and learning in sports and physical education.
- Develop an ability to appreciate the relationship between theory and practice and to apply theoretical knowledge to develop an understanding of practical performances in sports, from grass roots to elite level.

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## Assessment:

Externally Assessed Examinations - Overall 70% Theory and 30% Practical.

**Component 1:** Physiological factors affecting performance 30% of A-Level.

1.1 Applied anatomy and physiology.

1.2 Exercise physiology.

1.3 Biomechanics.

**Component 2:** Psychological factors affecting performance 20% of A-Level.

2.1 Skill acquisition.

2.2 Sports psychology.

**Component 3:** Socio-cultural issues in physical activity and sport 20% of A-Level.

3.1 Sport and Society.

3.2 Contemporary issues in physical activity and sport.

1 non-examined assessment

**Component 4:** Performance in physical education 30% of A-Level.

4.1 Performance or coaching of an activity taken from the approved lists.

4.2 Written or verbal coursework.

## Entry requirements:

Grade 5+ GCSE Physical Education (if studied).

Grade 5+ GCSE English, Mathematics and Science.

## Who is the course for?

- Students who are considering undergraduate study in Sport and Exercise Science, Physiotherapy, Teaching, Coaching, Armed Forces or Sport Technology.
- Students considering a career in journalism, retail, manufacturing or professional sport.
- Students who have a genuine interest and aptitude for physical education and sport, but at present do not intend to take the study of the subject beyond AS or A-Level, can use their grades as UCAS entry points for any other further study or degree course.

## Career pathways:

A Level PE can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, sports journalism, personal training or becoming one of the next generation of PE teachers.

*"A Level PE has taught me so much about sport, biology and myself. I have thoroughly enjoyed exploring the relationship between the two subjects and how they are so importantly linked."*