

# PHYSICAL EDUCATION

The current OCR course includes study in a number of disciplines and encourages the development of different methods of enquiry with the focal point being the Performer and the Performance. The course is based on a strong interaction between the theory and practice of Physical Education. The focus of the specification is on participation and performance in physical activity as part of a balanced, active and healthy lifestyle.

## ASSESSMENT



Assessment is by examinations and coursework at AS and A2, with practical performance and application of theory to practice.

## ENTRY REQUIREMENTS

You will need to have an interest in PE and sport with some ability in effective performance of two different activity profiles of your choice.

## LINKS WITH OTHER SUBJECTS

You will find that some areas of study are strongly linked to Biology, Physics, History and Psychology.

## HIGHER EDUCATION AND CAREER OPPORTUNITIES

A-level Physical Education will provide a good foundation for careers in the sport and leisure industry, Education, Coaching and Sports Psychology.

## COURSE CONTENT

### AS-level

#### Unit 1: An Introduction To Physical Education

Anatomy and Physiology: Skeletal and muscular systems, Motion and movement, Cardiovascular and respiratory systems in relation to performance.

Acquiring Movement Skills: Classification of motor skills and abilities, development of motor skills, information processing, motor control of skills in physical activity, learning skills in physical activity.

Socio-Cultural Studies relating to participation in physical activity: Physical activity, sport and culture, Contemporary sporting issues.

#### Unit 2: Acquiring, Developing And Evaluating Practical Skills In Physical Education:

Performance: Assessment in performance of two chosen activities from two different activity profiles. Evaluating and planning for the improvement of performance: Assessment in an oral test of an observed live performance.

**A2-level:** Principles and Concepts across different areas of Physical Education

#### Unit 1: Historical Studies

Popular recreation in pre-industrial Britain, rational recreation in post-industrial Britain, 19th-century public schools and their impact on physical activities, developmental stages of athleticism in public schools, drill, physical training and Physical Education in state schools.

Sports Psychology: Individual aspects of performance, group dynamics of performance and audience effects, mental preparation for physical activity.

Exercise and Sports Physiology: Energy, Health components of physical fitness, application of the principles of training, performance enhancement.

#### Unit 2: Practical Skills

Performance: Assessment in performance, coaching or leading in one activity chosen from the two assessed at AS-level.

Evaluation: Appreciation and the improvement of performance: Assessment in an oral response to an observed live performance.