

PHYSICAL EDUCATION

The 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 examination and coursework, 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 or coaching in one activity profile 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 an excellent foundation for a university degree and could lead to careers in the Sport and Leisure Industry, Education, Coaching, Sports Psychology and Physiotherapy.

COURSE CONTENT

Exam Board: OCR

The A-level course is divided into three units. Two of the units are examined by written examination papers and the final unit is coursework. The outline of the units is shown below.

Year 1:

Component 1: Physiological Factors Affecting Performance (35%)

- Anatomy & Physiology
- Exercise Physiology
- Biomechanics including Technology in Sport

Component 2 Psychological and Socio-Cultural Themes in P E (35%)

- Skill Acquisition
- Sports Psychology
- Sport and Society

Components 1 and 2 are assessed via written examination papers.

Component 3: Performance within Physical Education (30%)

There are two parts to this component:

1. Assessment of performance/coaching of a sport or activity from the approved DfE list
2. Analysis and evaluation of performance for improvement of a sport or activity from an approved list.

This component is internally assessed and externally moderated.

Year 2:

Component 1: Physiological Factors Affecting Performance (30%)

- Anatomy & Physiology
- Exercise Physiology
- Biomechanics

Component 2: Psychological Factors Affecting Performance (20%)

- Skill Acquisition
- Sports Psychology

Components 1 and 2 are assessed via written examination papers.

Component 3: Socio-Cultural and Contemporary Issues (20%)

Sport, Society and Technological Influences

Component 4: Performance within Physical Education (30%)

There are two parts to this component

1. Assessment of performance/coaching of a sport or activity from the approved DfE list
2. Evaluating and Analysis of Performance for Improvement of Performance of a sport or activity from an approved list.

This component is internally assessed and externally moderated.