



A-Level Physical Education

OCR: Course Code: H555

Contact: Mrs L. Swan

Course Outline:

Have you ever wondered...

- Why some people can run faster than others?
- How your personality affects your performance?
- Why people take drugs?
- How technology can help you?

Opt for A Level Physical Education to find out the answers.

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of physical activity and sport.

The combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform and then through the academic study improve your performance or coaching through application of the theory.

Physical Education is studied through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons for our behaviour in sport and lifestyle choices and why some people out perform others, mentally and physically.

You will also delve into the ethical considerations behind the use of drugs and the influence that modern technology is having in and on physical activity and sport.

The development of transferable skills including: decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure are exciting benefits of choosing this course.

Assessment Framework:

Physiological factors affecting performance (30%):

2 hour written examination assessing: Applied anatomy and physiology, exercise physiology and biomechanics

Psychological factors affecting performance (20%):

1 hour written examination assessing: Skill acquisition and sports psychology.

Socio-cultural issues in physical activity and sport (20%):

1 hour written examination assessing: Sport and society, contemporary issues in physical activity and sport.

Performance in physical education (30%):

Coursework assessing: Performing or coaching plus evaluation and analysis of performance for improvement in one activity.

Course Entry Requirements:

Full course GCSE Physical Education 6

Or if not studied before:

GCSE Biology 6 (Science 6,6) and English Lang 6

Why Study A-Level Physical Education?

Physical Education provides a suitable foundation for study in both Physical Education and Sports Studies/Science at degree level. Physical education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more. The specification provides an excellent base for those intending to pursue careers in teaching and coaching, sports development, the leisure industry, physiotherapy, personal training and professional sport.