

PHYSICAL EDUCATION

A-level Physical Education allows students to gain both a depth and breadth of knowledge and understanding relating to physiological, psychological and socio-cultural aspects of sport. This course gives those who are passionate about sport a chance to take their knowledge and apply it to their own and others sporting performance to make marginal gains. Alongside the theoretical element, practical ability will also be assessed in one sport as either a coach or a performer. Pupils will also need to draw on their entire repertoire of theoretical and practical knowledge to effectively evaluate and analyse performance and develop a 3 month theoretically-supported development plan to improve a major area of weakness.

(01) Physiological factors affecting performance

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

(02) Psychological factors affecting performance

- 2.1 Skill acquisition
- 2.2 Sports psychology

(03) Socio-cultural issues in physical activity and sport

- 3.1 Sport & society
- 3.2 Contemporary issues in physical activity and sport

(04) Performance in Physical Education – Non-exam assessment

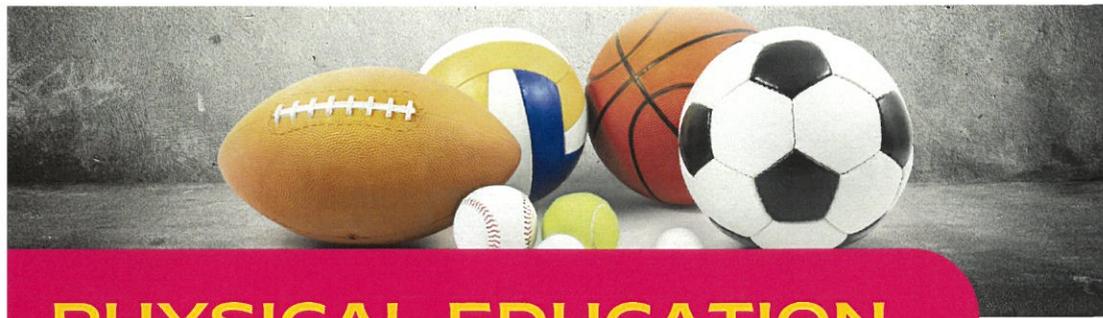
- 4.1 Performance or coaching of an activity taken from the approved list
- 4.2 The evaluation and analysis of performance for improvement

EXAM BOARD:
OCR (H555)

ASSESSMENT:

THERE ARE FOUR MAIN ELEMENTS TO THE COURSE, EACH ASSESSED SEPARATELY AS PART OF THE A LEVEL QUALIFICATION, AT THE END OF THE TWO YEAR COURSE:

- (1) PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE – 2 HOUR WRITTEN PAPER (30% OF TOTAL A LEVEL)
 - (2) PSYCHOLOGICAL FACTORS AFFECTING PERFORMANCE – 1 HOUR WRITTEN PAPER (20% OF TOTAL A LEVEL)
 - (3) SOCIO-CULTURAL ISSUES IN PHYSICAL ACTIVITY AND SPORT – 1 HOUR WRITTEN PAPER (20% OF TOTAL A LEVEL)
 - (4) PERFORMANCE IN PHYSICAL EDUCATION – NON-EXAM ASSESSMENT (30% OF TOTAL A LEVEL)
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OTHER LEARNING OPPORTUNITIES:

- Supporting Key Stage 3 and 4 students in PE lessons and extra-curricular clubs
- Workshops at leading sports universities, such as Loughborough University

WHERE NEXT WITH THIS COURSE?

A-level Physical Education provides a foundation to learning for further study in many degree subjects and career areas, including Physical Education, Sport and Exercise Science, Physiotherapy, Sport and Leisure Management, Sports Technology and Sports Teaching and Coaching, as well as other related subject areas such as Psychology, Sociology and Biology. A-level Physical Education will also enable students to develop transferable skills that are in demand by further education, higher education and employers in all sectors of industry.



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