

Physical Education

A-Level



What will I learn?

You will develop knowledge and skills within the industry of Sport Science. Scientifically explore how the body systems allow athletes to perform, analysing how the cardiorespiratory system works together to allow muscle contraction using the energy molecule ATP. Exploring how drugs and ergogenic aids help performance. Evaluate different psychological theories to understand how athlete's minds work under pressure, understanding different personality traits and exploring how theories help athletes perform to their optimum performance. Sociologically evaluate how sport has modernised and developed, understanding how the Olympics has developed sport in an economic, social and physical way. Performance analysis in a sport of your choice and designing a development plan to improve an athlete summarising theory and practical together by examining the way we learn to be skillful.

How will I learn?

At Rednock the PE Team have a wealth of knowledge to ensure PE lessons are taught to high level with a deep understanding of content. There will be a focus on independent study skills, a focus on developing organisational skills, note taking and discussion will be taught throughout to prepare you for University. Lessons will be varied through: Putting theory into practice sessions, use of the gym, sports hall and astroturf, trips to Universities to work in sport science laboratory, reading of more recent sport science journals to keep up to date with new research, practical industry based skills.

How will I be assessed?

Examinations: 3 exams 3 different pathways in sport science at the end of Year 13 :

- Physiological factors affecting performance: 2 hours, 90 marks.
- Psychological factors affecting performance: 1 hour, 60 marks
- Socio cultural issues impacting sport and performance: 1 hour, 60 marks

Paper 1: Applied anatomy and physiology, Exercise Physiology, Biomechanics

Paper 2: Skill Acquisition and Sports Psychology

Paper 3: Sport and Society and contemporary issues

Internal Assessments, March Year 13:

- Practical – assessing core and advanced skills in one sport of your choice. 15%, 30 marks
- Evaluating and analysing performance for improvement – live performance analysis on an athlete bringing together theory knowledge into a 'interview/ match of the day' style assessment. 15%, 30 marks

FAQs.

What equipment do I need for this course?

Students studying sport will be required to buy the sixth form Sport Science sports kit for practical lessons, trips and assessment.

What support is there on this course?

There is a specialist PE staff member for each pathway to further students knowledge and understanding. Revision sessions and intervention sessions will also be provided.

Exam Board

OCR

Skills Gained

Presentation skills
Independent work
Teamwork
How to research effectively
Analytical scientific writing
Debating and linking theories

Careers

Sport Scientist
Sports Psychologist
Nutritionist
PE Teacher/ sport science lecturer
Strength and conditioning coach
Biomechanist
Physiotherapist
Performance analysis
Health and wellbeing industry