

# PHYSICAL EDUCATION

# A LEVEL

OCR

Entry Requirements	GCSE PE Grade 6
Head of Department or Course Contact	Mrs J Cartlidge
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## **Brief introduction to subject:**

The course will appeal to students who have a practical and/or academic interest in Physical Education. You should have a real desire to develop your theoretical knowledge of the subject and a willingness to develop practically both in terms of performance and analysis

## **Progression to Career/ University Courses:**

The course will be of specific interest to those students who are contemplating sports related Degrees and other Higher Education sports science courses. It will be useful for those wanting to become Physiotherapists, teachers, coaches, nurses, nutritionists, sports psychologists, sports journalists and the any area of the public services. It will most suit those students who have previously shown a real interest in the subject area and will know that issues will sustain their interest throughout.

## **Key Points:**

- The specification demands that you are theoretically aware as well as practically competent
- You will need to take responsibility for developing your practical performance over a period of time
- You will have opportunities to develop your independent learning through research tasks
- Students can be truly engaged in their studies by becoming active investigators rather than passive learners both in terms of the practical and theoretical content
- Students will develop knowledge and understanding of factors that enable them and others to be physically active.
- There are three discrete areas of theoretical study. You will need to be broad in your approach.

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Content Overview	Assessment Overview	
<ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Exercise physiology</li> <li>• Biomechanics</li> </ul>	<p><b>Physiological factors affecting performance</b> (01)* 90 marks 2 hours written paper</p>	<p><b>30%</b> <b>of total A level</b></p>
<ul style="list-style-type: none"> <li>• Skill acquisition</li> <li>• Sports psychology</li> </ul>	<p><b>Psychological factors affecting performance</b> (02)* 60 marks 1 hour written paper</p>	<p><b>20%</b> <b>of total A level</b></p>
<ul style="list-style-type: none"> <li>• Sport and society</li> <li>• Contemporary issues in physical activity and sport</li> </ul>	<p><b>Socio-cultural issues in physical activity and sport</b> (03)* 60 marks 1 hour written paper</p>	<p><b>20%</b> <b>of total A level</b></p>
<ul style="list-style-type: none"> <li>• Performance or Coaching</li> <li>• Evaluation and Analysis of Performance for Improvement (EAPI)</li> </ul>	<p><b>Performance in physical education</b> (04)* 60 marks ** Non – exam assessment (NEA)</p>	<p><b>30%</b> <b>of total A level</b></p>
<p>*Indicates inclusion of synoptic assessment. ** Examination is weighted up to 90 marks to equal the total marks combined for the two tasks</p> <p>Learners who are retaking the qualification may carry forward their result for the non-exam assessment component.</p>		