

A Level Physical Education



➤ Introduction

This practical and engaging course has been developed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject. The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

➤ What will I learn?

CR's A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

This students to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

➤ How will I be assessed?

Component	Type	Duration	Weight
H555/01 Physiological factors	Exam	2hrs 15mns	30%
H555/02 Psychological factors	Exam	1hr	20%
H555/03 Socio-cultural issues	Exam	1hr	20%
H555/05 Practical Performances	Film		20%
H555/06 EAPI coursework	NEA		20%

➤ Opportunities

This course covers a wide breadth of study that allows students follow a myriad of specialised career paths in later life. Within the school we provide opportunities to develop their sport as well as helping them engage in working with younger pupils to learning leadership and coaching skills.

➤ Other subjects?

Many students find A Level PE is complementary to Biology and Psychology, while for others, it is a pleasing contrast to subjects such as Geography and Business.

➤ Future Careers

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

➤ Course Information

Course Code - H555

Examination Board - OCR