

<b>Subject:</b> Physical Education	<b>Awarding Body:</b> OCR
<b>Head of Dept:</b> Mr Linfield	<b>Teachers:</b> Mr Linfield

**Preferred entry requirements:**

Grade 6 or above in GCSE Physical Education or

Grade 6 or above in GCSE Biology or Combined Science.

To be participating and performing in their chosen NEA sport at club level or above.

## Specification Content

<b>A level</b>	
<b>Year 1</b>	<b>Year 2</b>
<ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Exercise physiology</li> <li>• Biomechanics</li> <li>• Skill acquisition</li> <li>• Sports psychology</li> </ul>	<ul style="list-style-type: none"> <li>• Sport and society</li> <li>• Contemporary issues in physical activity and sport</li> <li>• Evaluation and analysis of performance for improvement (EAPI)</li> </ul>

### Structure of the course:

How the course is assessed;

- Non-Exam Assessment (NEA). One practical performance, as either a coach or a performer, in an activity from the approved lists and one performance-analysis task – 30% of total A level
  - A total of four hours of assessment split over three examination papers
    - (01) Physiological factors affecting performance, 2 hour written paper, 90 marks – 30%
    - (02) Psychological factors affecting performance, 1 hour written paper, 60 marks – 20%
    - (03) Socio-cultural issues in physical activity and sport, 1 hour written paper, 60 marks – 20%
- Written papers will include a wide range of question types including: single mark, short answer and extended response questions

### Method:

Many of the classroom lessons will be structured with teacher-led discussion and note-taking, but a variety of other teaching methods will be used to ensure that students are actively involved in learning throughout the course and can work independently when required. A range of practical work will be carried out throughout the course to allow development of practical and investigative skills.

Learners are assessed in performing or coaching **one** activity; this activity **must be** taken from the OCR approved list. Students are **expected** to be performing or coaching this activity outside school at club level or above. They must be able to refine their ability to perform effectively and should also be developing individual skills and techniques under the guidance of a qualified coach/ instructor. They should also have the opportunity to compete externally demonstrating appropriate tactics and strategies.

### Strengths/Skills developed through studying this subject:

This is an interesting and challenging learning experience, linking key sporting ideas with practical performance and gaining an insight into the relationships they have with each other.

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.

### What students do with this qualification:

A level Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, nutrition and sociology.

A level Physical Education can open up a range of career opportunities including sports coaching, physiotherapy, personal training or PE teaching. The transferable skills learnt through the study of this course, such as decision making and independent thinking are also useful in choosing the most suitable career path.