

Physical Education

What will I need before taking this course?

Students must have taken GCSE PE achieving a Grade 5 or above in the theory exams and as an overall grade and a Grade 5 or above in Science. Practically, they must participate in two sports at school or club level.

Assessment and Grading

4 components

- 3 theory components (70%)
- 1 practical component (30%)

How will I learn?

The course is based on the interaction between the theory and practice of Physical Education. The focus of A level Physical Education is on participation and performance in physical activity as part of a balanced, active and healthy lifestyle.

What can I do at the end of the course?

Provides an excellent foundation for students who wish to pursue careers in teaching and coaching, sports development, the leisure industry, recreational management, the health and fitness industry and professional sport.

What will I learn?

Component 1 Physiological factors affecting performance

(30%) 90 marks (2 hour written paper)
Applied anatomy and physiology
Exercise physiology
Biomechanics

Component 2 Psychological factors affecting performance

(20%) 60 marks (1 hour written paper)
Skill acquisition
Sports psychology

Component 3 Socio-cultural issues in physical activity and sport

(20%) 60 marks (1 hour written paper)

Sport and society - Contemporary issues in physical activity and sport

Sport and society
Contemporary issues in physical activity and sport

Component 4 Performance in physical education

(30%) 60 marks—non examination aspect
Performance or Coaching
Evaluation and Analysis of Performance for Improvement (EAPI)

AWARDING BODY	OCR
CONTACT FOR FURTHER DETAILS	Mrs Matty—Head of PE