

Physical Education

Course Type: A Level

Exam Board: OCR

Course Entry Requirements:

Standard (Five GCSE subjects at a minimum grade 4 or the equivalent including Maths and English) including a Minimum Grade 4 in GCSE Physical Education.

Please note that if you completed P.E. BTEC at Key Stage 4, you will need to continue to Level 3 within BTEC, rather than at A-Level.

Why Study Physical Education?

A-level Physical Education builds on students' experience from Key Stage 4 and GCSE, enhancing knowledge and increasing understanding of the factors that affect performance and participation in sport.

This qualification gives students the opportunity to experience and develop an interest in a variety of roles in sport, such as player/performer or coach. The content addresses contemporary topics in sport, such as the impact and use of ergogenic aids and technology, as well as the increasing commercialisation of sport. Students also study the importance of a healthy active lifestyle, and its increasing importance in the modern world.

This course is a must for anyone with a genuine interest and passion for PE and sport. It will not only enhance sporting ability, but also cultivate student's knowledge of the theoretical side of PE and sports science. All of this contributes to making A Level Physical Education a thoroughly engaging, enjoyable, valuable and educational subject to pursue.

What Will I Study? Course Content

During the first year of A Level PE you will study the following three units:

Component 1: Physiological Factors Affecting Performance

Written Paper, 1 hours 15 minutes

Three sections:

1. Applied Anatomy & Physiology
2. Exercise Physiology
3. Biomechanics, including Technology in Sport

Component 2: Psychological & Socio-Cultural Themes in Physical Education

Written Paper, 1 hours 15 minutes

Three sections:

1. Skill Acquisition
2. Sports Psychology
3. Sport & Society

Component 3: Performance in Physical Education

Practical Assessment

Two sections:

1. Performance or Coaching
2. Evaluation of Performance for Improvement

During the second year of A Level PE you will study the following two units:

Component 1: Physiological Factors Affecting Performance

Written Paper, 2 hours

Three sections:

1. Applied Anatomy & Physiology
2. Exercise Physiology
3. Biomechanics

Component 2: Psychological Factors Affecting Performance

Written Paper, 1 hour

Two sections:

1. Skill Acquisition
2. Sports Psychology

Component 3: Socio-cultural Issues in Physical Activity & Sport

Written Paper, 1 hour

Two sections:

1. Sport & Society
2. Contemporary Issues in Physical Activity & Sport

Component 4: Performance in Physical Education

Practical Assessment

Two sections:

1. Performance or Coaching
2. Evaluation & Analysis of Performance for Improvement

How will I be assessed?

Please see above section for details.

