

PHYSICAL EDUCATION



Course content

Studying A Level Physical Education will give students a fantastic insight into the amazing world of sports performance, through an understanding of the physiological and psychological factors that affect it.

The course offers: A unique combination of physical performance and academic challenge 30% of the assessment is based on the Performance and Analysis The course offers the opportunity for students to excel in their chosen sport The course traditionally combines well with Biology, Business, History and Psychology.

Assessment

Component 1: Physiological Factors Affecting Performance

- Applied Anatomy and Physiology
- Exercise Physiology
- Biomechanics

Assessment - Written exam: 2 hours (30% of A level)

Component 2: Psychological Factors Affecting Performance

- Skill Acquisition
- Sports Psychology

Assessment - Written exam: 1 hour (20% of A level)

Component 3: Socio-cultural and Contemporary Issues

- Sport and society
- Contemporary issues in Physical Activity and Sport

Assessment - Written exam: 1 hour (20% of A level)

Component 4: Performance in Physical Education

- Performance or coaching
- Evaluation and Analysis of Performance by Improvement (EAPI)

Assessment - Non-exam assessment (NEA) - (30% of A level)

Skills

A Level PE is studied through a range of different contexts which can supplement other A Levels. For example:

- Communication using appropriate language
- Dealing with pressure
- Split second decision making
- Interpreting & analysing data
- Analysing & evaluating performances
- Psychological understanding of people

What next?

There are many universities that recognise the value of academic PE and offer a wide range of Sports Science degrees, including Russell Group Universities.

A Level PE can lead onto further education such as: BSc Sports Science, PGCE, BA Coaching, BA Sports Management, BSc Exercise and Health Medical Disciplines: Physiotherapy, Occupational Health, Dietician/Nutritionist Coaching, teaching, sports performance roles, gym manager, diet & fitness consultant.

Suggested reading

- OCR A-Level PE Book 1, John Honeybourne, Sarah Powell
- OCR A-Level PE Book 2
- PE Review magazines

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