



## A Level

# Physical Education

### What Entry Requirements Do I Need?

Grade 5 or above at GCSE Physical Education and some form of representative level within one sport and/ or a Grade 5 or above in the Sciences, particularly Biology if GCSE Physical Education has not been taken.

### What Will I Learn on The Course?

The content of this specification allows for practical examples from physical activities and sports to show how theory can be applied and to reinforce understanding. This specification contains a 5% quantitative skills requirement. The use of quantitative skills is spread across the components. There is a synoptic element to the assessment of A Level Physical Education and this will be assessed in each component. The content of OCR's A Level in Physical Education is divided into four components.

#### Component 01: Physiological factors affecting performance

- 1.1 Applied anatomy and physiology 1.2 Exercise physiology 1.3 Biomechanics including technology in sport.

#### Component 02: Psychological factors affecting performance

- 2.1 Skill acquisition 2.2 Sports psychology.

#### Component 03: Socio-cultural issues in physical activity and sport

- 3.1 Sport and Society
- 3.2 Contemporary issues in physical activity and sport.

#### Component 04: Performance in physical education

- 4.1 Performance or coaching of an activity taken from the approved lists.
- 4.2 The Evaluation and Analysis of Performance for Improvement (EAPI).

### How Will I Be Assessed?

Students take all components (01, 02, 03 and 04) to be awarded the OCR A Level in Physical Education.

1. Applied anatomy and physiology - Exercise physiology, Biomechanics, Physiological factors affecting performance. 90 marks, 2 hour written paper = 30% of total A Level.
2. Skill acquisition - Sports psychology, Psychological factors affecting performance. 60 marks, 1 hour written paper = 20% of total A Level.
3. Sport and society - Contemporary issues in physical activity and sport Socio-cultural issues in physical activity and sport. 60 marks. 1 hour written paper = 20% of total A Level.
4. Performance or Coaching - Evaluation and Analysis of Performance for Improvement (EAPI). 60 marks, Non-exam assessment (NEA) = 30% of total A Level.

### Why Study PE at A Level?

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. As part of the course, you will have the chance to perform or coach a sport through the non-exam assessment component. In addition, the combination of physical performance and academic challenge provides an exciting opportunity to develop a wide-ranging knowledge into the "how" and "why" of physical activity and to research the reasons why some sportspeople out perform others, both mentally and physically. You will also delve into the ethical considerations behind the use of drugs and the influence that modern technology is having on physical activity and sport. In addition, through academic study and practical participation, you will be able to improve your own performance or coaching abilities.

### Where Will an A Level in PE Lead Me?

An Advanced Level qualification in the subject is rapidly becoming an essential pre-requisite for specialist study in Physical Education and Sport Studies in Higher Education, and it is also a suitable qualification for other areas of study. The course provides an excellent foundation for candidates intending to pursue careers in teaching and coaching, sports development, the leisure industry, recreation management, the health and fitness industry and professional sport.