



A LEVEL PHYSICAL EDUCATION **(OCR specification)**

The aims of the course are to equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

Students MUST be participating competitively and regularly in at least one sport/activity from the specification.

While the study of GCSE Physical Education is not a prerequisite, it is highly recommended; students will find that many of the topics in the GCSE course are investigated in much greater depth. It is essential that students have an interest in a variety of sports so that they can draw upon their experience in relation to the theoretical aspects of the course. There is a practical component to the course and students will be required to gather video and statistical evidence of their performances.

This course is particularly valuable for students aiming to follow a sports-related degree such as physiotherapy, sport science, teaching or leisure and recreation management.

Component 01: Physiological factors affecting performance

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

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 (Non-examined Assessment)

- 4.1 Performance or coaching of an activity taken from the approved lists

Component 05: Evaluating and analysing performance for improvement (Non-examined Assessment)

- 5.1 This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.

A Level (H555)

This 2 year course identifies the physiological factors affecting performance and the psychological and socio-cultural themes in physical education. The knowledge gained in year 1 is developed and the components are studied in greater depth in year 2.

Components 01, 02 and 03 are assessed by 3 written examination papers worth 70% of the final grade (01-30%, 02-20%, 03-20%). Component 04 is assessed by practical or coaching performance worth 15% of the final grade. Component 5 is assessed through oral coursework worth 15% of the final grade, this is based on the analysis of a performance with recommendations for improvement.

GCSE requirements:-

Physical Education – grade 5 or equivalent (if taken)

English Language – grade 4

Double Science (Core and Additional) – minimum of grade 4 in BOTH, or a grade 4 in two separate Sciences, with an aptitude for Biology (grade 5 preferred)

*At least **one** grade 5 in another literate subject*

MUST be participating competitively and regularly in at least one sport/activity from the course specification.