

PHYSICAL EDUCATION

Qualification: AS/A-Level | Exam board: OCR



SUBJECT OVERVIEW

Studying A-Level Physical Education will give you a fantastic insight into the amazing world of sports performance.

Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of physical activity and sport. The combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study improve, your performance or coaching through application of the theory.



There will be optional trips throughout the year, including a student revision conference, and a trip to University of Bedfordshire sports science laboratory.

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YEAR ONE COURSE CONTENT

Component One: Physiological factors affecting performance

Content assessed includes: applied anatomy and physiology; exercise physiology, and biomechanics, including technology in sport. This component focuses on key systems of the human body involved in movement and physical activity. In-depth knowledge of training methods and aids will be developed. Key biomechanical principles will be studied including Newton's laws applied to sport.

Component Two: Psychological and socio-cultural themes in physical education

Content assessed includes: skill acquisition, sports psychology, and sport and society. This component focuses on models and theories that affect learning and performance in physical activities. It also focuses on the sociological and contemporary factors that influence and affect physical activity and sport for both the audience and the performer and how sport affects society.

Component Three: Performance within physical education

This component gives you the opportunity to apply the theory to your own sporting performance (as either a coach or a practitioner) and also to analyse performance in your chosen sport, creating a short term development plan for performance.

YEAR TWO COURSE CONTENT

Component One: Physiological factors affecting performance

Content assessed includes applied anatomy and physiology, exercise physiology and biomechanics. This component focuses on the body's energy systems, sports injuries and rehabilitation and key biomechanical content.

Component Two: Psychological factors affecting performance

Content assessed includes; skill acquisition and sports psychology. This component focuses on how performers attribute success and failure, and leadership models.

Component Three: Socio-cultural issues in physical activity and sport

Content assessed includes: sport and society and contemporary issues in physical activity and sport. This component focuses on ethics in sport, commercialism and modern technology in sport.

Component Four: Performance in physical education

This component gives you the opportunity to apply the theory to your own sporting performance (as either a coach or a practitioner) and also to analyse performance in your chosen sport, creating a long term development plan for performance.

WHAT DOES THIS COURSE PREPARE ME FOR?

A Level-Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health.

Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more.

A-Level Physical Education can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

COURSE SUPPORT AND ENRICHMENT

We are committed to providing efficient and effective support and we are always here when you need to speak to a person about an important issue.

We run an extensive sports enrichment programme to aid your practical performance; these are at lunchtimes and at the end of the day. There will be optional trips throughout the year, including a student revision conference, and a trip to University of Bedfordshire sports science laboratory.

ASSESSMENT

A-Level PE

A 70% Exam that assesses the content taught over the two-year course. A total of four hours split over three examination papers (2 x 1 hour and 1 x 2 hour) taken at the end of the two-year course.

A 30% Non-Exam Assessment (NEA) which consists of one practical performance, as either a coach or a performer in an activity and one Performance Analysis task.

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