



# A Level Physical Education

**Key contact:** Mrs N Philpot (Head of Department).  
**Exam Board:** OCR

## Overview of the course:

Why should you choose to study Physical Education?

- You are already actively involved in sport.
- You are interested in physical education and sport, and its function within society.
- You are committed and want to develop your theoretical knowledge of sport, as well as improving your personal sporting performance.
- It is a way of obtaining an academic qualification in a theoretical and practical way, in a reputable scientific subject.

### Equipment:

- 8 files (4 files: Year 12) (4 files: Year 13)
- Any other additional textbooks you may wish to use.

## What will you study?

The course is split between **four** compulsory modules over two years:

- Physiology Factors affecting performance (Applied Anatomy and Physiology, Exercise and Sport Physiology and Biomechanics) 30%
- Psychological Factors affecting performance (Acquiring Movement Skills / Sports Psychology) 20%
- Socio-Cultural Studies relating to participation in physical activity (Sport in Society / Contemporary Issues in Society) 20%
- Oral Examination: Evaluation and Analysis of Performance for Improvement (EAPI) 15%
- Practical Assessment: Demonstrating your technical performance in one sport. 15%

## Assessment:

Assessment will be:

- A two hour written exam which will assess your theoretical knowledge across Physiological factors affecting performance
- A one hour written exam which will assess your theoretical knowledge across Psychological factors affecting performance
- A one hour written exam which will assess your theoretical knowledge across Socio Cultural factors affecting participation and performance
- A practical assessment which will assess your performance in a chosen sport. This is an internal assessment with an external moderation.

**Important:** Candidates must be **regularly** training and competing in **one** sport, in order to consider this course at A Level.

## Possible career path?

This course provides a platform to Higher Education for all degree level study including such areas as Sports Studies, Sports Science, Physiotherapy, Recreation Management, Sports Psychology as well as PE teaching.

Following Higher Education this course could ultimately lead to a career as a sports performer, coach, teacher, as well as a career in Sports Science, Leisure Management, Sports Psychology, Physiotherapy, or Sports Therapy.

## Entry requirements

Five GCSEs Grade 9-5, **and** PE and English **or** Mathematics to Grade 6.