

# Physical Education

## Course description

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject. The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

This course will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team—all skills that will enable them to stand out and effectively promote themselves as they progress through life.

## Course content

An A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This requires them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- Understand how **physiological** and **psychological** states affect performance.
- Understand the key **socio-cultural** factors that influence people's

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Involvement in physical activity and sport.

- understand the role of technology in physical activity and sport.
- Refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.
- Develop their ability to analyse and evaluate to improve performance.
- Understand the contribution which physical activity makes to health and fitness.

## Assessment (breakdown for the full two year course)

<b>Content Overview</b>	<b>Assessment Overview</b>	<b>% of total A level</b>
Applied anatomy and physiology	Physiological factors affecting performance (01)	30%
Exercise physiology	90 marks	Of total
Biomechanics	2 hour written paper	A level
Skill acquisition	Psychological factors affecting performance (02)	20%
Sports psychology	60 marks	Of total
	1 hour written paper	A level
Sport and society	Socio-cultural issues in physical activity and sport (03)	20%
Contemporary issues in physical activity and sport	60 marks	Of total
	1 hour written paper	A level
Performance /coaching	Performance in physical education (04)	30%
Evaluation and analysis of performance for improvement (EAPI)	60 marks	Of total
	Non-exam assessment	A level

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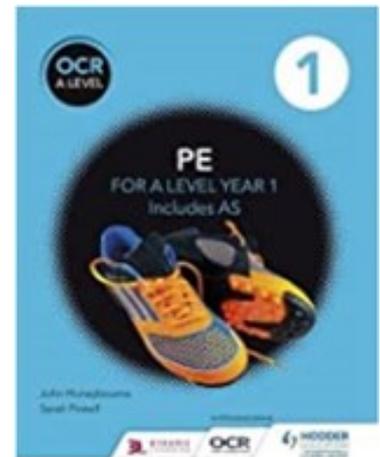
## Recommended text books / revision guides

### Year 12

OCR A level—PE for A Level Year 1 Includes AS -

John Honeybourne & Sarah Powell

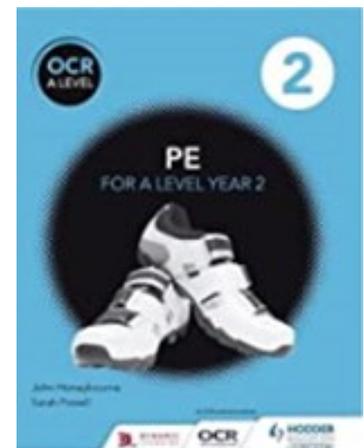
ISBN 978-147-1-85173-5



### Year 13

OCR A level—PE for A Level Year 2

John Honeybourne & Sarah Powell



### Revision Guide

OCR A level PE my revision notes

Keri Moorhouse—Hodder Education

ISBN 978-1-5104-0521-9



### Future Pathways

Professional sportsperson

Sports coach / consultant / PE teacher

Sports Scientist / Diet and fitness instructor

Sports analyst

Physiotherapist

Personal Trainer

Leisure management

Public services