

The **OCR GCE A-Level in Physical Education** is an academically rigorous and practical course designed to explore the science, psychology, and socio-cultural aspects of sports and physical activity. It develops students' analytical, evaluative, and practical performance skills, preparing them for higher education and careers in sport-related fields.

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### **Key Features**

1. **Qualification Level:** A-Level (Level 3).
  2. **Assessment:**
    - Three written exams (70% of the qualification).
    - Non-Exam Assessment (NEA) based on practical performance and analysis (30%).
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### **Content of Study**

The course is divided into theoretical and practical components to provide a balanced understanding of physical education.

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### **Theoretical Components (70% of the qualification)**

1. **Physiological Factors Affecting Performance (30%)**
    - Applied anatomy and physiology:
      - Skeletal, muscular, cardiovascular, and respiratory systems.
    - Exercise physiology:
      - Energy systems, training principles, and injury prevention.
    - Biomechanics:
      - Motion, forces, levers, and technology in sports.
  2. **\*\*Psychological Factors - Skill acquisition:**
    - Classification of skills, methods of learning, and theories of practice.
    - Sports psychology:
      - Personality, motivation, aggression, and stress management in sports.
  3. **Socio-Cultural Issues in Physical Activity and Sport (20%)**
    - Sport and society:
      - Emergence of modern sport and its socio-cultural impact.
    - Contemporary issues in sport:
      - Ethics, commercialism, technology, and global events.
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### **Practical Component (30% of the qualification)**

1. **Performance or Coaching in One Activity**
  - Students are assessed on their ability to perform or coach in a chosen sport or physical activity.

- Marks are awarded for technical proficiency, tactical awareness, and effectiveness.
2. **Evaluating and Analysing Performance for Improvement (EAPI)**
- Students critically evaluate their own or another's performance in their chosen activity.
  - Includes a detailed action plan for improvement.
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### Assessment Overview

1. **Paper 1: Physiological Factors Affecting Performance (30%)**
    - Written exam: 2 hours (90 marks).
    - Content: Applied Anatomy and Physiology, Exercise Physiology, and Biomechanics.
    - Questions: Multiple-choice, short-answer, and extended-response.
  2. **Paper 2: Psychological Factors Affecting Performance (20%)**
    - Written exam: 1 hour (60 marks).
    - Content: Skill Acquisition and Sports Psychology.
    - Questions: Multiple-choice, short-answer, and extended-response.
  3. **Paper 3: Socio-Cultural Issues in Physical Activity and Sport (20%)**
    - Written exam: 1 hour ( Content: Sport and Society, Contemporary Issues in Sport.
    - Questions: Multiple-choice, short-answer, and extended-response.
  4. **NEA: Performance and Analysis (30%)**
    - Performance or coaching in one sport (15%).
    - Evaluating and Analysing Performance for Improvement (15%).
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### Skills Developed

- **Scientific Literacy:** Understanding the physiological and biomechanical principles of performance.
  - **Psychological Insight:** Applying psychological theories to optimize performance.
  - **Cultural Awareness:** Evaluating socio-cultural factors influencing sport.
  - **Practical Expertise:** Enhancing skills as a performer or coach.
  - **Critical Thinking:** Analyzing and improving performance.
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### Career Pathways

This qualification provides a foundation for:

1. **Higher Education:** Degrees in sports science, physiotherapy, biomechanics, psychology, or sports coaching.
2. **Professional Training:** Careers in teaching, fitness training, sports therapy, or performance analysis.

3. **Employment:** Roles in sports management, event organization, or health promotion.
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#### **Who Is It For?**

- Students passionate about sports, physical activity, and performance.
- Those interested in the scientific and psychological aspects of physical education.
- Learners aiming for careers in sport, health, or education.