

Physical Education

Examination Board: OCR

Qualification: A level

Teacher Contact: Mrs Little

Entry Requirements: Practically competent in one sport and a minimum of grade 6 in GCSE PE and grade 6 in Science (Biology).

What will I study?

Component 01: Physical factors affecting performance

Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.

There are three topics:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics.

How it's assessed

- Written exam: 2 hours
- 90 marks
- 30% of the A level.

Component 02: Psychological factors affecting performance

Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress.

There are two topics:

- Skill acquisition
- Sports psychology.

How it's assessed

- Written exam: 1 hour
- 60 marks
- 20% of the A level.

Component 03: Socio-cultural issues in physical activity and sport

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport.

There are two topics:

- Sport and society
- Contemporary issues in physical activity and sport.

How it's assessed

- Written exam: 1 hour
- 60 marks
- 20% of the A level.

Practical controlled assessment

Component 04: Performance in physical education

Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance.

How it's assessed

- Practical and oral performance
- 60 marks
- 30% of the A level.

Am I suited to this course?

You would be well-suited to studying PE at A level if you:

- have a keen interest in sport and want to evaluate and improve your own performance
- have an enquiring mind and want to learn more about PE in social, cultural, scientific, historical and psychological areas
- are already a member of a sports club or team which supports the development of your practical performance.

What other subjects does it complement?

A level PE combines well with many subjects, most notably Biology, Dance and Psychology.

Where can it lead?

An advanced level qualification in PE is rapidly becoming an essential qualification for specialist study in PE and Sports Studies in higher education. The syllabus provides an excellent foundation for students considering careers in the biological sciences, teaching and coaching, recreational management, physiotherapy and the leisure and health and fitness industries.