

## PHYSICAL EDUCATION (Course code: OCR H155/H555)

Head of Department: Miss K Holt

### OCR Exam Board:

This has always been a very popular and well delivered course. Studying A Level Physical Education will give students a fantastic insight into the amazing world of sports performance. Not only will students have the chance to perform or coach a sport through the non-exam assessment component, they 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. They can perform, and then through the academic study, gain the knowledge to improve their own and others' performance or coaching through application of the theory. Students will learn the reasons why we do things, why some people outperform others – mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having on physical activity and sport. This qualification is accepted by universities and colleges nationwide as a recognised qualification for entry into higher education.

### Course entry requirements

For those studying GCSE Physical Education, the minimum requirement is grade B. Students who have not studied GCSE PE will be considered and the Head of P.E. will make an assessment to ensure a student is of comparable standard.

**As there is a large biological content in the course, it is necessary that candidates have a good scientific background with at least a double 6 in combined science GCSE or a 6 in biology and physics in separate sciences. Students studying GCSE PE are expected to attain at least (70%) in the theoretical component of the course (this GCSE PE theoretical % is only made available on results day).**

Candidates should also have a strong practical ability in their chosen sport. It is expected that they will be participating competitively in their chosen sport as they will be required to log their participation.

Units	Level	Component	Duration	Weighting	
				AS	A2
	A2	<ul style="list-style-type: none"><li>Physiological Factors Affecting Performance;</li><li>Psychological Factors Affecting Performance;</li><li>Socio-Cultural and Contemporary Issues.</li></ul>	3 x written papers of 1hr		30% 20% 20%
	A2	Performance within Physical Education (practical coursework) a. Performance/coaching of one sport b. Analysis and Evaluation of Performance for Improvement (oral response)			15% 15%

### Practical Coursework

Effective performance, demonstration of specific skills and understanding of performance and how to improve performance through observation, analysis and application of knowledge in one activity. The activities available can be located at the OCR website in the revised specification: 'DfE list of approved sports'. (Nov 2018)