

# Physical Education

**Exam Board** OCR

**Qualification** A-Level Physical Education



**Entry Requirements** GCSE Maths at grade B, GCSE English at grade B and GCSE Science or Biology at grade B

## Content (Outline of Course)

### Component 1: Physiological factors affecting performance

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

### Component 2: Psychological factors affecting performance

- 2.1 Skill Acquisition
- 2.2 Sports Psychology

### Component 3: Socio-cultural issues in physical activity and sport.

- 3.1 Sport and society
- 3.2 Contemporary influences

### Component 4: Performance in Physical Education.

- 4.1 Performance or coaching of an activity.

## Assessment

### Students will be assessed in:

**AS Level:** Two written papers and one NEA (practical performance) assessment including an analysis and evaluation of performance.

**A Level:** Three papers and one NEA (practical performance) assessment including an analysis and evaluation of performance.

Students will participate in **one sport only** at AS and A2 as a performer or coach.

Athletic activities, combat activities, invasion game activities, net/wall game activities, striking, fielding games activities, target game activities, gymnastic activities, outdoor and adventurous activities, swimming activities.

## Careers Guidance

Further careers in sport could include:

**Health & Exercise:** Fitness Professional, Health Promotion Officer, Gym Instructor, Nutritionist, Personal Trainer.

**Management:** Disability Sports Development Officer, Events Manager, Football Manager, Sports Development Manager, Talent Project Coordinator.

**Media and Marketing:** Broadcasting, Journalism, Marketing, Photographer.

**Science:** Sports Scientist, Physiotherapist, Sports Massage Therapist, Strength and Conditioning Coach.

**Teaching and Coaching:** PE teacher, children's sports coach, outdoor adventures leader, ski instructor, performance analyst, competition manager.