

# physical education

## A Level Physical Education Awarding Body: OCR

### Course content

Students must enjoy looking at a wide range of aspects associated with Sport and PE. Current students enjoy a practical application of what they learn in the classroom and from using our sporting facilities. The mix of practical and theory adds variety and interest to the course.

**Assessment:**  
Components 1-3 (70% of A Level)

**Component 1:**  
Physical factors affecting performance,  
Applied Anatomy and physiology,  
Exercise physiology,  
Biomechanics.  
(2 hour paper, 30%).

**Component 2:**  
Psychological factors affecting  
performance  
Skill acquisition  
Sports psychology  
(1 hour paper, 20%)

**Component 3:**  
Socio-cultural issues in physical  
activity and sport  
Sport and society  
Contemporary issues in physical and  
activity and sport  
(1 hour paper, 20%)

**Component 4:**  
Performance in physical education  
(30%)  
Non exam assessment  
Performance and coaching: optimising  
practical performance in a competitive  
situation. Evaluation and analysis of  
performance for improvement.  
Internal assessment with external  
moderation.

### Progression:

Students progress to sports related degrees or directly into employment in the sport and leisure industry. Career options include Coaching, Fitness Training, Osteopathy, PE Teaching, Physiotherapy and Rehabilitation, Recreation Management, Sport Development Officer, Sport Product Design, Sports Therapy, Travel Agency specialising in Sport, Sports Media, Sports Journalism, Sports Photography and the Armed forces.

### Entry requirements:

Grade 6 or above in GCSE Physical Education is preferable. A grade 5 in English Language would be of benefit. Students will need to be highly proficient in one sport from the OCR list and they must be regularly competing within that sport.

