Physical Education

Course Summary
The course follows the OCR syllabus. There are three exams at A Level and the course covers applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sports psychology, sport and society and contemporary issues in sport.

There is a coursework element involving two components:
1. Performance or coaching in one sport
2. Evaluation of performance
The exam is worth 70% and the coursework is worth 30%.

Why study this subject?
The course follows on from GCSE PE and provides greater depth of knowledge in the theory areas. The practical assessment takes into account national standard performances. It is an opportunity to further knowledge in the key areas covered within Physical Education and Sports Science.

What happens in lessons?
There are 8 lessons over 2 weeks in which the theory elements are taught. All the sociological content is taught in Year 12, the rest of the topics are covered in both Years 12 and 13. There will be an opportunity throughout the two years to learn the theoretical concepts in a practical setting. Some lessons will be discussion based, whilst others will involve presenting, researching and exploring new ideas and concepts.

“A fun and intriguing way of looking at sport from different perspectives.” Elliot, studying Physical Education, Psychology & Mathematics

Entry Requirements:
Grade 6, or above, in the PE theory paper is ideal preparation for the course or Grade 6, or above, in the higher tier Biology paper as there is a high physiological content to the course. We will, however, accept students new to the subject as long as they are committed, conscientious and motivated.

Course Assessment
There are four components (the first three are examination based and the fourth is based on your best practical activity).
1) Physiology – 2 hour paper examining Cardiovascular, Respiratory and Skeletal Systems, Injury, Biomechanics, Energy Systems, Diet and Training (30%)
2) Psychology – 1 hour paper examining Classification of Skill, Guidance, Practice Methods, Theories of Learning, Anxiety, Aggression and Goal Setting (20%)
3) Sociology – 1 hour paper examining Modern Sport, Global Sporting Events, Ethics and Deviance, Violence in Sport, Media and Commercialisation (20%)
4) This is coursework based and assesses performance in one sport and evaluation of performance in that sport; each are equally weighted (30%).

What to do afterwards
All sports-related fields including teaching, coaching, management, sports development and sports science. The natural development would be undergraduate Physical Education or Sports Science qualifications leading into Sports Nutrition, Sports Psychology, Physiologist and/or Biomechanist.

Reading around the subject
It is important to read around the topics covered in A Level PE. The following websites are useful:
- EverLearner (access code provided)
- Brianmac.co.uk
- In addition, any relevant articles in newspapers or online could be used