

# PHYSICAL EDUCATION

## OCR Level 3 Advanced GCE in Physical Education

### COURSE OVERVIEW

Studying *A Level Physical Education* will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform a sport through the non-exam assessment component, but you will also develop a wide-ranging knowledge of the 'how and why' of physical activity and sport.

This combination of physical performance and academic challenge provides an exciting opportunity for students. You can then perform through academic study, whilst gaining a vast array of knowledge to improve your own performance along with that of others. The *A Level in Physical Education* is studied through a range of different contexts. You will learn the reasons why we do things along with why some people outperform others – both mentally and physically. You will also delve into the ethical considerations behind the use of drugs, together with analysing the influence that modern technology is having on physical activity and sport.

All areas of content are now compulsory. As such, you will receive a well-rounded and full introduction to the world of PE, sport and sport and exercise science. This complete grounding in the subject provides a fantastic base for higher education, employment or other further training.

Students will have the opportunity to develop a wide-ranging set of key skills, including effective communication using appropriate verbal and body language, dealing with pressure, split-second decision making, interpreting and analysing data, as well as analysing and evaluating performance, so necessary and appropriate improvements can be made.

### HOW WILL I BE ASSESSED?

<b>Content Overview</b>	<ul style="list-style-type: none"> <li>Applied anatomy and physiology</li> <li>Exercise physiology</li> <li>Biomechanics</li> </ul>	<ul style="list-style-type: none"> <li>Skill acquisition</li> <li>Sports psychology</li> </ul>	<ul style="list-style-type: none"> <li>Sport and society</li> <li>Contemporary issues in sport</li> </ul>	<ul style="list-style-type: none"> <li>Performance</li> <li>Evaluation and Analysis of Performance for Improvement (EAPI)</li> </ul>
<b>Assessment Overview</b>	<p>1. Physiological factors affecting performance</p> <p>30% of total A level</p>	<p>2. Psychological factors affecting performance</p> <p>60 marks 1 hour written paper</p> <p>20% Of total A level</p>	<p>3. Socio-cultural issues in physical activity and sport</p> <p>60 marks 1 hour written paper</p> <p>20% Of total A level</p>	<p>4. Performance in physical education</p> <p>60 marks non-exam assessment (NEA)</p> <p>30% of total A level</p>



### ENTRY REQUIREMENTS

- Grade 6 at GCSE PE
- A good scientific background.
- One sport at College level or higher representation, for practical assessment.
- A commitment to College sport.

### WHY STUDY THIS SUBJECT?

The sports industry is one of the fastest growing sectors of modern society. You only have to look at the rise of performance analysis in Premier League football or at the growth of the Olympic and Paralympic movements to see that, with the right qualifications and a passion for sport, there are a huge number of exciting opportunities open to talented young people.

*A Level PE* represents the first steps towards these opportunities. With a solid grounding in a wide range of sports disciplines, our students go on to study sports related courses at a number of the UK's leading universities. Possible career pathways for those with *A Level PE* include PE teaching, Sports Coaching, Performance Analyst, Nutritionist, Journalist, Sports Development Officer, Physiotherapist and many more.

For those with career aspirations elsewhere, *A Level PE* has many commonalities with a number of other courses and is complimented particularly well by Biology, Psychology, History and, to a lesser extent, Maths and Physics. An *A Level in PE* may well be beneficial to further study in subjects as diverse as medicine and politics. Recent Old Boys are currently working for:- UK Sport, as a doctor in Sports Medicine, Manchester United as a Sports Scientist, Football League clubs as physiotherapists, teaching, coaching and sports journalism.

