

A Level Physical Education

Exam Board: OCR

Overview:

The content of the A Level PE course has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team - all skills that will enable them to stand out and effectively promote themselves as they progress through life.

Content:

Component 01: Physical factors affecting performance

Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.

There are three topics:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics.

Component 02: Psychological factors affecting performance

Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress.

There are two topics:

- Skill acquisition

- **Sports psychology.**

Component 03: Socio-cultural issues in physical activity and sport

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport.

There are two topics:

- **Sport and society**
- **Contemporary issues in physical activity and sport.**

Component 05: Practical performance

Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Component 06: Evaluating and analysing performance for improvement (EAPI)

Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance.

Entry Requirements:

Minimum grade 5 in the following subjects: English, Maths and GCSE Sport Studies. Candidates on an individual basis due to practical ability requirements

How Assessed:

Examined assessment

Physiological factors affecting performance (01)

90 marks (2 hours) 30%

Psychological factors affecting performance (02)

60 marks (1 hour) 20%

Socio-cultural issues in physical activity and sport (03)

60 marks (1 hour) 20%

Non-examined assessment

Practical performance (05)

30 marks

15%

Evaluating and analysing performance for improvement EAPI (06)

30 marks

15%

****Students must complete all components (01, 02, 03, 05 and 06) to be awarded the OCR A Level in Physical Education.***

Progression:

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.