

PHYSICAL EDUCATION

Exam Board: OCR



Aims of the Course

- The student of Physical Education will:
- Have a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of Physical activity and sport.
- Have the combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study improve your performance or coaching through application of the theory.
- See Physical Education through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people out perform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having in and on physical activity and sport.

The emphasis throughout the course is on the development of your knowledge, competence and confidence in a wide variety of skills that will enable you to confidently move forward in life. You will learn how Physical Education affects and contributes to society and also how to apply your knowledge from this course to any number of different practical situations or career choices.

How will you be assessed?

Non- Exam Assessment (NEA). One practical performance, as either a coach or a performer in an activity.
NEA. One Performance Analysis task.

A total of four hours assessment split over three examination papers (2x 1 hour and 1x 2 hour) taken at the end of the two year course.

A wide range of Question types including: single mark, short answer and extended response questions.
The opportunity to demonstrate your knowledge of both theory and performance skills in both your NEA and through the examinations.

What are the benefits?

This is an interesting and challenging learning experience, linking key sporting ideas with practical performance and gaining insight into the relationships they have with each other.

The development of transferable skills including: decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure.

The study of A Level Physical Education opens up a range of possibilities for further study and careers associated with the subject.

Where can A Level Physical Education take me?

A Level Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more.

A Level Physical Education can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

Entry requirements:

A minimum of 5 grades Level 9-4 at GCSE including English and Maths. Grade 4+ in Science is advised. Practical sporting abilities are essential.

PHYSICAL EDUCATION



What's included

30% Non-Exam assessment giving you the opportunity to apply the theory to your own sporting performance (as either a coach or a practitioner) and also to analyse performance in your chosen sport.

Joints: movement and muscles
Muscle functions and types of contraction
Analysis of movement
Skeletal muscle contraction
Muscle contraction during exercise of differing intensities and during recovery
Cardiovascular system at rest
Cardiovascular system during exercise of differing intensities and during recovery
Respiratory system at rest
Respiratory system during exercise of differing intensities and during recovery
Diet and nutrition
Ergogenic aids
Aerobic training
Strength training
Flexibility training
Periodisation of training
Impact of lifestyle, active/sedentary
Acute and chronic injuries
Injury prevention
Responding to injuries and medical conditions in a sporting context
Rehabilitation of injury
Biomechanical principles
Levers

Linear motion
Angular motion
Fluid mechanics
Projectile motion
Classification of skills
Types and methods of practice
Transfer of skills
Principles and theories of learning movement skills
Stages of learning
Guidance
Feedback
Memory models
Information processing
Individual differences
Group and team dynamics in sport
Goal setting in sports performance
Attribution
Confidence and self efficacy in sports performance
Leadership in sport
Stress management to optimise performance
Emergence and evolution of modern sport
Sport in the 21st century

Ethics and deviance in sport
Commercialisation and the media
Routes to sporting excellence in the UK
Modern technology in sport - its impact on participation, fair outcomes and entertainment

