



NOWER HILL HIGH SCHOOL



PHYSICAL EDUCATION A LEVEL - OCR

Who is the course for?

Students with a keen interest in competitive sport who want to find out more about the mechanics of movements as well as the psychological and behavioral influences in sport.

What can it lead to?

This course can lead onto Sport Science and Physical Education courses at University. Popular career paths include: PE teacher, sport psychologist, sports analyst, personal trainer, sports coach. The course is also heavily science based and links particularly well with Biology courses.

What are the entry requirements?

If you have studied PE at GCSE then you must have achieved at least a grade 5. If you have not studied GCSE PE then you must have achieved at least a 6-6 in Combined Science and be regularly playing competitive sport outside of school.

What will I study?

Physiological factors affecting performance-
Students will explore the science behind physical activity. This includes the structure and function of key systems, the forces that act upon us and the adaptations we make to our bodies through training and diet.

Psychological factors affecting performance-
Students will explore models and theories that affect learning, how different methods of training and feedback work and why their effectiveness differs from person to person.

Socio-cultural issues in sport and physical activity-
Students will explore the sociological and contemporary issues that affect sport and physical activity.

How will I be taught?

Through whole class, small group, paired and individual teaching. Lessons will be both practical and theoretical.

How will I be assessed?

Component 1: Physiological factors affecting performance. A 2-hour exam worth 90 marks.

Component 2: Psychological factor affecting performance. A 1-hour exam worth 60 marks.

Component 3: Socio-cultural issues in physical activity and sport. A 1-hour exam worth 60 marks.

Practical Performances:

This component will assess the student as either a performer or a coach in one activity from the set list.

Evaluating and Analysing Performances:

This draws upon the knowledge and understanding gained in the theoretical components and allows the students to analyse and evaluate sporting performance through a verbal response.

What equipment or materials do I need?

Appropriate sportswear for practical lessons and a folder for each component of theoretical content.

Are there any links to other courses?

This course links to the following subjects: Biology, Psychology, Sociology and History.

