



Physical Education

Examination Board: OCR

Qualification: A Level

Why you should follow this course

- Because you have a love of the subject. You enjoy sport and want to apply the science behind it.
- To extend your practical skills for effective performance in Physical Education and sport.
- To develop a deeper knowledge and understanding of the scientific, socio-cultural and environmental factors which influence Physical Education.
- To acquire a sound foundation for study in Higher Education, or for a career in sport, leisure or fitness related industries.

What teaching and learning methods will be used?

A variety of methods will be used including:

- Information sessions requiring note making and critical analysis
- Individual and group research projects
- Group discussion relating theory to practice
- Evaluation and analysis of practical performance using video and live action of yourself and others
- Individual development of practical performance

How will the course be assessed?

All assessments will take place in the summer exam period at the end of year two as stated in the contents and assessment section.

What can you do when you have your qualification?

Gain entry to any University degree course but especially those in Sports Science, Sports Studies/Physical Education, Recreation and Leisure Management, Physiotherapy, Nursing, Teaching.

Consider job opportunities in Leisure and Tourism, Health and Fitness Industry, Sports Coaching, Professional Sport, Sports Journalism or Armed forces.

**For further information or advice please contact
Mr Green or Mr Anderson.**

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A LEVEL COURSE CONTENT H555

1. PRACTICAL ASSESSMENT

04 Performance in physical education

(30% of A Level)

- a) **Assessment as a performer or coach** (15%) Practical coursework based on **one chosen activity**.

Performer: Assessment is based on mastery of skills and techniques plus effective performance in full, formal competitive situations.

Coach: Assessment is based on the successful demonstration of key coaching skills and techniques.

- b) **Evaluation and Analysis of Performance for Improvement.** (15%)

Verbal Assessment where the student is required to analyse a performance and plan a strategy for improvement.

2. THEORETICAL ASSESSMENT

(70% of A Level)

01 Physiological factors affecting performance. (30%)

Anatomy and physiology; Exercise physiology; Biomechanics
Exam. 2hrs.

02 Psychological factors affecting performance. (20%)

Skill acquisition; Sports psychology
Exam. 1hr

03 Socio-cultural and Contemporary Issues. (20%)

Sport, society and technological issues
Exam. 1hr

