



The OCR A- Level Physical Education is aimed at students who have an enduring passion for sport and the human anatomy. There is also a strong prerequisite of this course to be regularly competing in a sport outside of school hours. It is our aim to prepare students for their next steps in education or in the work place and A-Level Physical Education has many desirable and transferable attributes to facilitate a successful transition.

What specification is proposed?

OCR A- Level Physical Education 2016 Onwards

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>

What will I be covering in the course?

Year 12:

- Applied Anatomy and Physiology
- Skill Acquisition
- Sport and Society

Year 13:

- Exercise Physiology and Biomechanics
- Sports Psychology
- Contemporary Issues in PA and Sport



Performance in physical activity:

You will choose one sport from the approved list (see link above), It is strongly recommended that you are competing regularly in the sport chosen. You are required to log your performances and training sessions in preparation for moderation. You can also choose the option of coaching in one sport and producing a coaching log book.

How am I assessed:

	Component name	Content	Mks	Exam	% of A level
01	Physiological factors affecting performance	1.1 Applied A&P 1.2 Ex Physiology 1.3 Biomechanics	90	2 hr	30%
02	Psychological factors affecting performance	2.1 Skill acquisition 2.2 Sports Psychology	60	1 hr	20%
03	Socio-cultural issues in physical activity and sport	3.1 Sport & society 3.2 Contemporary issues in PA & sport	60	1 hr	20%
04	Performance in Physical Education	4.1 Performance OR coaching 4.2 (EAPI)	60	NEA	30%

What can I do with this subject?

The subject will allow you to pursue higher level education in Sports Studies or Sports Science. It will give you the opportunity to expand on your knowledge of sport allowing you to pursue sport related careers and apprenticeships in the sporting industry.

Specific entry requirements for this course

It is strongly recommended that you are competing regularly in a sport.

