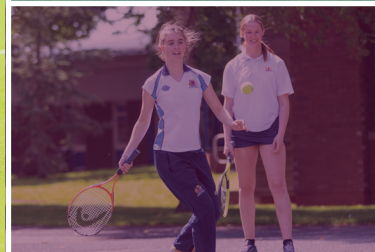


OCR Specification: H555

# Physical Education

The A Level in **Physical Education** takes a multi-disciplinary approach, encouraging the development of different methods of enquiry drawn from a wide range of disciplines, with the focal point being the performer and the performance.

The course is based on the interaction between theory and practice of Physical Education.



“

*Austin Friars exists to provide excellent education inspired by our Augustinian values.*

”

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## AUSTIN FRIARS

**Course Overview:**

In line with other A Levels, PE is a 2-year A Level. Students will study for 2 years covering 4 areas of study to sit 3 examinations at the end of that period.

The practical component of the course has been reduced by a small amount in weighting towards the student’s final grade where students are assessed in one practical activity marked out of 30. The coursework component is a spoken analysis of performance worth 30 marks.

**Course Overview:**

**Unit 01 (90 marks)**

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

**Unit 02 (60 marks)**

- Skill acquisition
- Sports psychology

**Unit 03 (60 marks)**

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

**Unit 05 (30 marks)**

- Performance or coaching in one activity

**Unit 06 (30 Marks)**

- Evaluation and Analysis of Performance for Improvement (EAPI)

**Entry Requirements:**

Students would normally be expected to have successfully completed a GCSE in Physical Education, but this may not exclude students who have not done so.

However, the specifications have been designed to provide progression by building on the knowledge, understanding and skills set out in the GCSE course.

An A Level in Physical Education can lead to the wide range of sports study courses available at university. Careers in Sports Management, Education and Coaching spring to mind. It is important to note that an A Level in Physical Education counts for the same number of UCAS points as any other academic discipline.

**Scheme of Assessment:**

Units	Name	Duration of exam	Weighting
01	Physiological factors affecting performance	2 hours	30%
02	Psychological factors affecting performance	1 hour	20%
03	Socio-cultural issues in physical activity and sport	1 hour	20%
05	Practical Performances	Practical	15%
06	Evaluating & Analysing Performance for Improvement	NEA	15%