



Nether Stowe School

Inspiring, Empowering and Achieving Together

A Level Physical Education

Exam Board - OCR

Course Summary

A Level Physical Education allows students to delve into the world of elite level performance looking at a range of factors such as personality, anxiety, leadership models alongside technology, biomechanics and exercise physiology and how each of these affects performance. Students will learn to critically analyse and evaluate their own physical performance and apply their experience of practical activity to different contexts. Students are required to actively compete or coach in one sport and provide a wealth of evidence to demonstrate their skills and knowledge within this sport.

Modules

Physiological Factors - Anatomy & Physiology based. A detailed look into the Muscular, Cardiovascular and Respiratory Systems, including a section on the application of biomechanical principles in sport.

Psychological Factors - How we learn and improve both motor and perceptual skills and theories behind leadership and group dynamics.

Socio Cultural Issues in Physical Activity - Focussed around current trends in Sport and PE in the UK and world, including the modern technological influence on sport.

Assessment

Theory Exam 1 (2 hours) - Physiological Factors Affecting Performance 90 marks (30% Total A Level)

Theory Exam 2 (1 hour) - Psychological Factors Affecting Performance 60 marks (20% Total A Level)

Theory Exam 3 (1 Hour) - Socio Cultural and Contemporary Issues 60 marks (20% Total A Level)

Practical (15%) & Coursework (15%) - Performance in Physical Education 60 marks (30% Total A Level)

Career Opportunities

A-level PE is recognised as an academic A-level suitable for university, college or other higher education entrance. It is especially useful for careers or higher education courses in: PE/Sport, Sport Science, Science, Recreation/Leisure Management, Physiotherapy, Sports Psychology, Teaching/Coaching, Public Relations, Health & Fitness Industry and Professional Sport but is widely accepted for a lot of other courses/careers, i.e. Police Force, Armed Forces, Business Degrees, Science related degrees.

Complementing subjects; Biology, Physics, Maths, Psychology

