

# Physical Education

**Qualification:** A Level

**Exam Board:** OCR

**Entry Criteria:** A good selection of GCSE grades 4/5 -9 including Mathematics and Science. GCSE PE desirable but not essential.

## **General/Course Objectives:**

The specification gives learners a clear appreciation of key issues in Physical Education including physiological, psychological, and cultural factors, a focus on performance in practical activity, and the opportunity to pursue particular areas of interest.

## **Units & Content:**

### **Physiological factors affecting performance – 30% total A level**

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

90 marks - 2 hour written paper

### **Psychological factors affecting performance – 20% total A level**

- Skill acquisition
- Sports psychology

60 marks - 1 hour written paper

### **Socio-cultural issues in physical activity and sport – 20% total A level**

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

60 marks - 1 hour written paper

### **Performance in physical education – 30% total A level**

- Performance or Coaching
- Evaluation and Analysis of Performance for Improvement (EAPI)

60 marks - non-exam assessment (NEA)