



Post 16 Prospectus: PHYSICAL EDUCATION

Advanced Subsidiary (AS) & Advanced Level (A2)

Examining Board: OCR Syllabus: H155, H555

AIM

OCR's AS/A Level in Physical Education will equip learners with both the depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

COURSE CONTENT

AS Level		Advanced Level	
1	Physiological factors affecting performance Applied anatomy and physiology Exercise physiology Biomechanics, including technology in sport	1	Physiological factors affecting performance Applied anatomy and physiology Exercise physiology Biomechanics
2	Psychological and socio-cultural themes in physical education Skill acquisition Sports psychology Sport and society	2	Psychological factors affecting performance Skill acquisition Sports psychology
3	Performance in physical education Performance or Coaching Evaluation of Performance for Improvement (EPI)	3	Socio-cultural issues in physical activity and sport Sport and society Contemporary issues in physical activity and sport
4		4	Performance in physical education Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI)
AS ASSESSMENT		A2 ASSESSMENT	
1. Physiological factors affecting performance 70 marks 1 hour 15 minute written paper 35% of total AS level		1. Physiological factors affecting performance 90 marks 2 hour written paper 30% of total A level	
2. Psychological and socio-cultural themes in physical education 70 marks 1 hour 15 minute written paper 35% of total AS level		2. Psychological factors affecting performance 60 marks 1 hour written paper 20% of total A level	
3. Performance in physical education 60 marks Non-exam assessment (NEA) 30% of total AS level		3. Socio-cultural issues in physical activity and sport 60 marks 1 hour written paper 20% of total A level	
		4. Performance in physical education 60 marks Non-exam assessment (NEA) 30% of total A level	



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SUBJECT ENRICHMENT

Opportunities include, trips to Wimbledon, school Ski Trip, Leeds Metropolitan University Sports department, access to school sports teams and A-level revision courses.

SUBJECT SPECIFIC ENTRY REQUIREMENTS

General entry requirement for Post-16: 5 grade 4/C at GCSE, including English and/or Maths.

Specific entry requirements: Grade 6 in PE (Distinction in L2 BTEC Sport), 4 in best English and a practical sport from the specification. Minimum of Grade 4 in the anatomy and physiology paper at GCSE.

If PE not taken at GCSE Grade 5/5 in Science, 4 in best English and evidence of regular participation in a practical sport from the specification.

A STUDENT PERSPECTIVE

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide-ranging knowledge into the how and why of Physical activity and sport.

WHERE NEXT?

A Level Physical Education is an excellent base for a university degree in sports science, sport management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more. A Level Physical Education can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision-making and independent thinking are also useful in any career path you choose to take.

STUDENT SUPPORT

- Lunchtime study support sessions
- One-to-one sessions in lead up to exam
- Exam preparation focusing on exam technique and past papers
- Individual action plans focusing on individual needs of the student in order to raise attainment
- Individual feedback on class note and extended writing tasks
- Consolidation lessons focusing on areas of weaknesses