

# Physical Education A Level

## What qualifications do I need to begin the course?

Five GCSEs at 9-4, with a minimum of a 5 in GCSE PE. It is also recommended that students have a grade 5/6 in Additional or Triple Science. It is a requirement that you also belong to a Sports Club/Team outside of school.

## What does the course involve?

### Applied anatomy and physiology

- Muscular and skeletal system
- Cardiovascular systems
- Neuro-muscular system
- Energy systems

### Exercise physiology

- Diet and nutrition
- Preparation and training methods
- Injury prevention and rehabilitation
- Motion and Biomechanics

### Skill acquisition

- Coaching and performing
- Classification and transfer of skill
- Learning theories
- Practice
- Guidance and feedback
- Memory models

### Sport psychology

- Factors that influence an individual in sport
- Group and team dynamics
- Goal setting
- Attribution theory
- Confidence and self-efficacy
- Leadership

### Sport and society

- Development of modern day sport
- Globalisation of sport
- Commercialisation of sport
- Ethics and deviance in sport
- Sport and the media
- Talent identification
- Health of the nation



**Practical Performance**

- Perform in one physical activity as either a player/performer or coach.
- Perform a range of skills and techniques in their chosen sport.

**Performance analysis and Development Programme**

- Investigate one physiological component and either a technical or tactical component.
- Evaluate the effectiveness of a performer.
- Produce an evaluation to demonstrate strengths and

weaknesses and areas for development.

**How is the course assessed?**

- Minimum of two written examinations **(70%)** comprising of short, long answer and extended writing questions.
- Performance or coaching role and Performance Analysis and Development **(30%)**

**Exam Board: OCR**

**Staff Contact: Mr Potter**