



Physical Education

Awarding Body	OCR	Specification Code	H555
Purpose of the course	<p>OCR's A Level in Physical Education relates the scientific, socio-cultural and practical aspects of physical education.</p> <p>Students are required to:</p> <ul style="list-style-type: none"> • develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance • understand how physiological and psychological states affect performance • understand the key socio-cultural factors that influence people's involvement in physical activity and sport understand the role of technology in physical activity and sport • refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas • develop their ability to analyse and evaluate to improve performance • understand the contribution which physical activity makes to health and fitness • improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds. 		
Entry requirements	<p>Students will only be allowed to take this course if they;</p> <ul style="list-style-type: none"> · Are competing and training weekly in a sport · Grade 5 or above in GCSE PE and Science. 		
Type of qualification	A Level		
Course contents	<p>Four areas –</p> <p>Physiological factors affecting performance Psychological factors affecting performance Socio-cultural issues in physical activity and sport Performance in physical education</p>		
Assessment method	<p>Assessed through four examinations Three externally-examined papers (Paper 1 - 2 hr, Paper 2 – 1hr and Paper 3 – 1 hour) and one teacher-examiner conducted performance in physical education element (Paper 4)</p>		
Further studies	<p>A range of degree options and opportunities are linked to a study of physical education including: physiotherapy, teaching, coaching, joining the armed forces, sports science and technology.</p>		
More information from	Mr Hawkins		