



## Physical Education

<b>Awarding Body</b>	OCR	<b>Specification Code</b>	H555
<b>Purpose of the course</b>	<p>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"> <li>• develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance</li> <li>• understand how physiological and psychological states affect performance</li> <li>• 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</li> <li>• 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</li> <li>• develop their ability to analyse and evaluate to improve performance</li> <li>• understand the contribution which physical activity makes to health and fitness</li> <li>• improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.</li> </ul>		
<b>Entry requirements</b>	<p>Students will only be allowed to take this course if they;</p> <ul style="list-style-type: none"> <li>· Are competing and training weekly in a sport</li> <li>· Grade 5 or above in GCSE PE and Science.</li> </ul>		
<b>Type of qualification</b>	A Level		
<b>Course contents</b>	<p>Five areas –</p> <p>Physiological factors affecting performance</p> <p>Psychological factors affecting performance</p> <p>Socio-cultural issues in physical activity and sport</p> <p>Performance in physical education</p> <p>EAPI - The Evaluation and Analysis of Performance for Improvement</p>		
<b>Assessment method</b>	<p>Assessed through three examination papers, a practical performance and an EAPI</p> <p>Paper 1 - 2 hr, Paper 2 – 1hr and Paper 3 – 1 hr</p> <p>Practical Performance - logbook for two years plus a moderation day</p> <p>EAPI - 30-35 minutes filmed analysis of performance</p>		
<b>Further studies</b>	<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>		
<b>Subject Lead</b>	Mr S Hawkins		