

## OCR PHYSICAL EDUCATION

### Assessment Method

A2: Three exam papers: Physiological factors affecting performance (30%), Psychological factors affecting performance worth (20%), Socio-cultural issues in physical activity and sport (20%), Practical component (30%) (1 sport & 1 EAPI).

### What the course covers?

A Level PE is for students who love the theoretical component of PE and are participating in a competitive sport/activity.

1. Applied Anatomy & Physiology
2. Exercise Physiology
3. Biomechanics including technology in sport
4. Skill Acquisition
5. Sports Psychology
6. Sport & Society
7. Contemporary Issues in physical activity and sport
8. Practical performance
9. Evaluation and Analysis of Performance for Improvement (EAPI)- oral response

### What Will I Learn?

- How the body's skeletal, cardiovascular, muscular and respiratory systems affect performance.
- How skill, practice types, transfer of skills, theories of learning, stages of learning, guidance and feedback can affect the learning of motor skills.
- The impact personality, attitudes, motivation, arousal, anxiety, aggression, social facilitation, groups & teams and goal setting has on performance.
- The evolution of sport from pre-industrial Britain, through the industrial revolution to today.
- How diet, drugs, aerobic training, strength, flexibility, periodisation and lifestyle diseases impact performance.

### What Teaching and Learning Methods Will Be Used?

You will learn via:

- Classroom based lessons
- Applying theoretical concepts to practical situations
- Class discussion & debates
- Individual/group research
- Practical performances in your chosen sport
- Performance analysis

### Where Will This Qualification Take Me?

Some of our students go on to University and take degrees in:

- PE & sports related courses (Sports Science, Sports Coaching, Sports Management, Teaching)
- Unrelated courses (Sciences, Mathematics, Business)

Some students choose to go onto an apprenticeship in related or unrelated fields whilst others opt to enter employment.