



# SUBJECT: Physical Education A Level

**HEAD OF DEPARTMENT:**  
Mr T Cuff

**EXAM BOARD AND SYLLABUS NUMBER:**  
OCR- H555 / QAN: 60183226

## SYNOPSIS OF CONTENT:

Unit 1: Physiological factors affecting performance

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

Unit 2: Psychological factors affecting performance

- Skill acquisition
- Sports psychology

Unit 3: Socio-cultural issues in physical activity and sport

- Sports and society
- Contemporary issues in physical activity and sport

Unit 4: Performance in Physical Education

- Performance or coaching
- Evaluation and analysis of performance for improvement (EAPI)

## WHY STUDY THIS SUBJECT?

If you have a passion for sport and want to learn more about Physical Education than you did at GCSE, this is the course for you.

You will learn in far greater detail how the human body works as well as the huge importance Sport Psychology plays in elite sports performance.

You will also gain a greater understanding of the Socio-Cultural issues in physical education related to historical aspects of sport and contemporary issues such as technology in sport.

## SELF STUDY ADVICE / USEFUL WEBSITES:

- [www.ocr.org.uk](http://www.ocr.org.uk)
- <http://www.bbc.co.uk/science/humanbody/>
- <http://www.body/interactives/3djigsaw>
- [www.pennhealth.com](http://www.pennhealth.com)
- <http://www.medicdirectsport.com/exercisetheory>
- [www.pponline.co.uk](http://www.pponline.co.uk)
- [www.sportdevelopment.org.uk/html/talented](http://www.sportdevelopment.org.uk/html/talented)

## HOW IS IT ASSESSED?

Unit 1: 2 hour written paper is externally set and assessed. The question paper is out of 90 marks and worth 30% of the total A level. The paper has 3 sections with the final section being an essay question.

Unit 2: 1 hour written paper is externally set and assessed. The question paper is out of 60 marks and worth 20% of the total A level. The paper has 3 sections with the final section being an essay question.

Unit 3: 1 hour written paper is externally set and assessed. The question paper is out of 60 marks and worth 20% of the total A level. The paper has 3 sections with the final section being an essay question.

Unit 4: Externally set, internally assessed and externally moderated, marked out 60 and worth 30% of the total A level. Candidates are assessed in 1 chosen activity as a performer or coach and has to give an oral response to a live

## ADDITIONAL INFORMATION / CAREER OPPORTUNITIES

An A level PE qualification will be a good pathway for routes into, Sports Science, PE teaching, Leisure, Physiotherapy, Osteopathy, Sports Management, Sports Psychology, Coaching, Personal training and other health related careers. It would also combine well and would provide a helpful accompaniment to other science subjects.

## SPECIFIC MATRICULATION REQUIREMENTS

Grade 6 in GCSE P.E.