



# A-level Physical Education

Board and Specification: OCR A-level in Physical Education (H555)

KS5 Coordinator: [Mrs Penny Pugh \(p.pugh@cwlc.email\)](mailto:p.pugh@cwlc.email)

---

## Subject specific entry requirements:

- Grade 6 in GCSE Physical Education.
- Preferably Triple Science Biology Grade 5.
- Where Triple Science is not taken, grade 5 in GCSE Double Award (Higher Tier).
- Grade 5 or above in English Literature and/or English Language.
- Grade 5 or above in Mathematics.

## What skills are required of students?

A strong understanding of several sports with the ability to perform at a reasonably high level.

A genuine interest in reading about current issues in sport.

An understanding of the physiological and psychological effects of exercise on the body.

The ability to analyse and understand the factors to aid successful performance.

## Course Outline

A-level Physical Education will build on the knowledge and understanding previously acquired at GCSE level. The content of the course will address physiological, psychological factors affecting performance, socio-cultural issues in physical activity and sport and contemporary topics in sport such as the impact of ergogenic aids, technology and the increasing commercialisation of sport.

## Topics that may be covered include:

### Physiological factors affecting performance

#### (01)

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

### Psychological factors affecting

#### performance (02)

- 2.1 Skill acquisition
- 2.2 Sports psychology

### Socio-cultural issues in physical activity and sport (03)

- 3.1 Sport and Society
- 3.2 Contemporary issues in physical activity and sport.

### Performance in physical education (NEA)

- 4.1 Performance or coaching of an activity taken from the approved lists
- 4.2 The Evaluation and Analysis of Performance for Improvement (EAPI)

### **Modules titles and codes:**

- **Physiological factors affecting performance (01)** – 90 marks – 2 hour written paper – 30% of total A-level
- **Psychological factors affecting performance (02)** – 60 marks – 1 hour written paper – 20% of total A-level
- **Socio-cultural issues in physical activity and sport (03)** – 60 marks – 1 hour written paper – 20% of total A-level
- **Performance in physical education (04)** – 60 marks – Non-exam assessment (NEA) – 30% of total A-level

### **What kinds of work will you do in class and at home?**

- Class work will predominantly involve 'theory work' looking at the key elements of the course.
- Students will be required to do a large amount of background reading to gain further understanding of the context of contemporary sporting issues.

### **What other A-levels does your subject connect well with?**

A-level Physical Education would be suited to students who are also studying A-level Biology, A-level Psychology or A-level Sociology.

### **What types of university course will be helped by this A-level?**

An A-level in Physical Education will assist with applications for multiple sports-related courses at university both practically and theoretically based.