

Physical Education

What is the exam board and route?

A Level Physical Education OCR (H555)

Subject Entry Requirements: Ideally you will have studied PE at GCSE, although this is not essential. A grade 7 or above would be advised at GCSE. If you have not previously taken the subject, then a grade 7 at an equivalent subject such as Biology would be considered.

Subject outline

Component 01: Physiological factors affecting performance:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics.

Component 02: Psychological factors affecting performance:

- 2.1 Skill acquisition
- 2.2 Sports psychology.

Component 03: Socio-cultural issues in physical activity and sport:

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

Component 04: Performance in physical education Non-Examined Assessment (NEA):

- 4.1 Performance or coaching of an activity taken from the approved lists.

How is the course assessed?

NEA One practical performance, as either a coach or a performer in an activity.

- NEA One Performance Analysis task.
- A total of four hours assessment split over three examination papers (two x 1 hour and one x 2 hour) taken at the end of the two-year course.
- A wide range of question types including single mark, short answer and extended response questions.
- The opportunity to demonstrate your knowledge of both theory and performance skills in both your NEA and through the examinations.

Why study this subject?

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide-ranging knowledge into the how and why of

physical activity and sport. The combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study improve your performance or coaching through application of the theory.

Physical Education is studied through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people outperform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and the influence that modern technology is having in and on physical activity and sport.

The development of our Parkin Sports Facility offers a wonderful environment for our students to work in. Students have their theory lessons in our purpose-built classroom, as well as having the opportunity to use our strength and conditioning gym and sports hall for their practical lessons.

Possible careers

A Level Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more.

A Level Physical Education can open up a range of career opportunities including sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

Skills developed

Throughout the two-year course you will have the opportunity to develop many transferable skills including decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure.

PE is taught jointly with Loughborough High School and is offered cross-Foundation.

Subject enrichment available

- Visits to Loughborough University physiology labs
- External speakers
- Attendance at external workshops