



# Physical Education

## Course objectives

Physical Education is about developing your understanding of the physiological and psychological aspects of sport, exercise and training. Sport is part of our culture and you will study a variety of historical and social issues which reflect upon and illuminate the place of sport in national and international life.

You will have the opportunity to reflect upon and improve yours and others' physical performance skills and will be encouraged to relate theory to practice.

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### Main qualifications

- A Level

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### Awarding Body

- OCR

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### Duration/ Lessons per week

- 10 x 1 hour lessons over a two week period

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### Entry requirements

Practical suitability for the course will be determined on an individual basis.

- This course is for students with a dedicated interest in the theoretical study of sport. Students are required to be practically assessed and therefore must be able to perform one activity from the specification list to a highly competent standard.
- An enthusiasm for participation in sport is essential.
- Combined Science 6, 6 Triple Science 6, 6, 5

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### Progression opportunities

- This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.



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## Course content

The Topic areas that will be examined are:

- Applied anatomy and physiology – developing the knowledge of the science behind the performance
- Skill acquisition – developing knowledge of the theories and concepts behind the learning of new skills
- Sport and society – developing knowledge of how sport has emerged over time and factors affecting modern sport
- Biomechanics – the study of forces and motion and their effect on sports performance
- Sport psychology – developing knowledge of the theories behind personality, aggression, motivation, group dynamics and how they affect performance
- Technology in sport – developing knowledge of how modern technology can impact on performance

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## Assessment

- Paper 1 - Physiological factors affecting performance (2 hours) – 30%
- Paper 2 - Psychological factors affecting performance (1 hour) – 20%
- Paper 3 - Socio-cultural issues in physical activity and sport (1 hour)- 20%
- Non Examined assessment:
  - 1 – Sports performance from one sport on approved list of activities (video evidence to be provided by student) – 15%
  - 2 - The Evaluation and Analysis of Performance for Improvement (EAPI) – oral presentation – 15%

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## Costs

- Students will be required to pay £30 per year for subscription to the 'EverLearner' an online PE resource.

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## Staff contact

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