

Physical Education

Awarding body: OCR, Specification: H555 (A Level)



Course aims

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport.
- Develop understanding of how physiological and psychological states affect performance
- Develop understanding of the key socio-cultural factors that influence people’s involvement in physical activity and sport
- Help us understand the contribution which physical activity makes to health and fitness
- Develop the ability to analyse and evaluate to improve performance

Assessment

Paper 1	Paper 2	Paper 3	Practical work
Physiological factors affecting performance (1)	Physiological factors affecting performance (2)	Psychological and socio-cultural themes in Physical Education	Performance or coaching in one OCR approved activity and an evaluation of performance task.
Written examination for 120 minutes	Written examination for 60 minutes	Written examination for 60 minutes	Assessed using criteria specific to the chosen activity.
90 marks	60 marks	60 marks	60 marks
30% of A Level	20% of A Level	20% of A Level	30% of A Level

What do I need to succeed at Physical Education?

Top grades in this subject come from hard work, determination and lots of reading around the theory topics. It is important that PE students are participating in their chosen activity regularly in and/or out of school. This is not the course to learn new material. The specification builds on, but does not depend on, the knowledge, understanding and skills from GCSE PE.

Results	2017	100% A*-C
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Physical Education and the future

This qualification is suitable for students intending to pursue any career for which an understanding of the human body or human behaviour is desirable. This qualification is also suitable for any further study in sports science, social sciences, or as part of a course of general education.

Other avenues of progression for students would be careers in areas such as in sport and physical activity, teaching, physiotherapy or rehabilitation.