

# OCR A-Level Physical Education

Head of Department: Mr. N. Williams

## Department Information:

The PE department is made up of 7 staff who are all experienced and committed to promoting PE and sport both through curricular and extra-curricular activities. The department has access to a large sports hall, gym, floodlit outdoor courts and extensive playing fields.

## Why study this course?

Have you ever wondered...

- Why some people can run faster than others?
- How your personality affects your performance?
- How you could become an elite sports performer?
- Why people take drugs?
- How technology can help you?

Study A Level Physical Education to help you understand the answers to these and many more questions in sport.

## Aims of the course:

- To develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- To study the theoretical areas that include: physiological, psychological, socio-cultural factors and the role of technology in sport.
- Be able to perform effectively and analyse and evaluate performance.
- Improve as an effective and independent learner.

## Course outline:

Studying A Level Physical Education will give you an insight into the 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 out perform 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.

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### How am I assessed?

Non-Exam Assessment (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 (2x 1 hour and 1x 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.

### Where does this course lead?

A PE A-Level could lead to a variety of different professions or higher education courses including: physiotherapist, sports development, teaching/coaching, personal trainer, sports psychologist, sports science, nutritionist, sports centre management, outdoor activities.