

PHYSICAL EDUCATION

Course

A level Physical Education

Exam Board

OCR

Entry requirements

GCSE Level 6 or higher in GCSE Physical Education or BTEC Level 2 Certificate/Diploma at Merit or higher. Level 4 in GCSE Maths and English. Level 5 in GCSE Sciences preferred. **It is vital that students are regularly training and competing at a good standard outside school at a local club in one of the government's approved sporting activities.** (List available online or from PE department). Anyone who has not taken GCSE PE or BTEC Sport should contact the department and entry decisions will be made on an individual basis.

Why study Physical Education?

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 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.

Course content

The course is very diverse, covering a wide range of sports-related fields of study. It is composed of four components.

1. Physiological factors affecting performance (30%)

Includes musculoskeletal, cardiovascular, respiratory and energy systems; diet and nutrition; training methods; injury rehabilitation and biomechanics

2. Psychological factors affecting performance (20%)

Includes skill classification, stages of learning, guidance and feedback, leadership, self-efficacy and group and team dynamics

3. Socio-cultural factors affecting performance (20%)

Includes ethics and deviance; commercialisation and the media; modern technology; the emergence and evolution of modern sport and global sporting events.

4. Performance in Physical Education (30%)

Practical performance in sport and evaluating and analysing performance for improvement

Assessment

The theoretical components of the course (70%) are assessed through three 60-90 minute, externally assessed written examinations, at the end of the course.

The practical component (30%) is internally marked and externally moderated. Student performance in one sport will be observed and assessed through live and video performances and a log of competition. For the analysis of performance, students will watch a live performance and then orally present an analysis and action plan, supporting their response with theoretical content.

Progression after Sixth Form

A level PE is an excellent base for a degree in sports science, physiotherapy, physical education, sport and leisure management, healthcare, nutrition and dietetics, sports development, or exercise and health.

The course can be studied alongside any subjects but especially complements studies in Science. For those wishing to pursue Sports Science or Physiotherapy, combining PE with a Science subject is often essential.

Career opportunities

A level Physical Education can open up a range of career opportunities in the sports industry, including sports physiology, psychology or biomechanics, sports development, sports coaching, physiotherapy, personal training, sports journalism, sports technology and PE teaching.

Although many students pursue a sports-related career option, the course has equipped a significant number of our past students to progress onto further study and careers outside of the sports and health industries, including the Armed and Public Services, Engineering, Business, Law, Accounting, Geography, Performing Arts, English Literature and Primary Education.

For more information contact Head of Department:

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