



PHYSICAL EDUCATION

A LEVEL

OCR [H555](#)

SPECIFIC ENTRY REQUIREMENTS

Grade 5 or above in PE if studied at GCSE level plus grade 5 in biology. If PE has not been studied at GCSE level, then two grade 5s or above in science, including biology, are required. It is also essential for candidates to be regular performers in one competitive sport from the approved list.

COURSE CONTENT

An A-Level PE student would be a well-motivated candidate with a keen interest in sport. The course looks at the theoretical aspects of sporting performance; this is where the main emphasis lies, with the remainder focused on the performance or coaching ability in one activity.

Component 1: physiological factors affecting performance

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

Component 2: psychological factors affecting performance

- 2.1 Skill acquisition
- 2.2 Sports psychology

Component 3: sociocultural issues in physical activity and sport

- 3.1 Sport and society
- 3.2 Contemporary issues in physical activity and sport

Component 4: performance in physical education (non-examination assessment)

- 4.1 Performance or coaching of an activity taken from the approved lists
- 4.2 The Evaluation and Analysis of Performance for Improvement (EAPI)

EXAMINATIONS AND ASSESSMENTS

Written exams: 70% of final grade
Non-exam assessment: 30% of final grade

SKILLS, LINKS AND PROGRESSION

The course takes a multidisciplinary approach, with the focus being the performer and the performance. A Level PE not only permits the 'good' sportsperson to gain credit for ability, but also allows academic and enthusiastic students to attain the highest grade.

CONTACT

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