

Sixth Form – A Level course Description

Course title: **Physical Education A Level**

Entry Requirements: 5 or more GCSE's grade 5 or above, Science and PE would be desired.

Topics Covered:

In Year 12	In Year 13
<ul style="list-style-type: none">• Applied anatomy & physiology• Exercise physiology• Biomechanics• Skill acquisition• Sports Psychology• Sport & society	<ul style="list-style-type: none">• Applied anatomy & physiology• Exercise physiology• Biomechanics• Skill acquisition• Sports Psychology• Contemporary issues in physical activity & sport

Exam Board: OCR

Details of Examinations: H155, H555

In Year 12	In Year 13
<p>AS Exam</p> <ul style="list-style-type: none">• Physiological factors affecting performance – 70 Marks – 1 hour 15 minute written external exam.• Psychological and social-cultural themes in physical education - 70 marks – 1 hour 15 minutes written external exam.• Performance in physical education - 60 Marks – Non-exam assessment (NEA)	<p>A Level Exam</p> <ul style="list-style-type: none">• Physiological factors affecting performance – 90 Marks – 2 hour written external exam• Psychological factors affecting physical education - 60 marks – 1 hour written external exam.• Social-cultural issues in physical activity and sport - 60 marks – 1 hour 15 minutes written external exam.• Performance in physical education – 60 marks - Non-exam assessment (NEA)

Post-18 Progression and Pathways to universities:

There are a range of pathways which AS/A Level GCE Physical Education can offer at university, including:

- BSc Sports Science, PGCE, BA coaching, BA Sports Management, Bsc Exercise & Health.
- Medical Disciplines: Physiotherapy, Occupational therapy, Dietitian
- Personal Training – working as: Coaches, Gym staff, Sports Massage, Therapists.

(Optional) **Enrichment:**

In this course, you will be offered the opportunity to assist the PE department in a range of coaching, officiating and playing roles to further your career interests.

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