

A Level

Specification: OCR H555

# PHYSICAL EDUCATION

## What will I study?

- Applied Anatomy and Physiology
- Biomechanical Principles
- Exercise Physiology
- Sport Psychology
- Skill Acquisition
- Sport and Society
- Contemporary Issues in Physical Activity and Sport

## How will I be assessed?

3 papers:

- Physiological factors affecting performance (30%)
- Psychological factors affecting performance (20%)
- Socio-cultural issues in physical activity and sport (20%)

1 practical assessment in a named sport (15%) via a submitted video recording of the performance

1 NEA synoptic speech analysing the strengths and weaknesses of a sporting performance (15%)

## How will I learn?

Students who have a keen interest in sport science will thrive as they get the opportunity to explore the scientific factors that optimise sporting performance, drawing upon their experience and subject knowledge in Physics and Biology. Those who are intrigued by sports psychology, nutrition, training and contemporary issues will be certain to find themselves engaged in debate and topical conversations linked to the sporting world and these subject areas. It is a dynamic, academically challenging and extremely engaging course that will give you a breadth of skills and knowledge.

Topics are taught in class with students expected to engage in pre-reading and post-lesson learning activities. Students must participate in sport outside of school in order to submit and be assessed in the practical component (video submission).

## What skills will I need?

- Self motivation
- An interest in sport and the theoretical components of the course
- Independent learning and self organisation
- Reviewing and modifying work
- Critical analysis
- Be able to perform practically to a high level outside of school
- Be actively involved in sport

## Careers & Progression

Students will develop knowledge, understanding and skills that will equip them for undergraduate study or long-term development in a wide range of areas. These include sport science, medicine, physiotherapy, osteopathy, podiatry, chiropractic, nutrition, teaching, psychology, sports coaching, sports management and biomechanics, as well as professional sports. The course is multi-disciplinary and will prepare students for a wide range of other professions and pathways in the working world.