

Physical Education - OCR

Why choose Physical Education?

Open up the World of Sport – They encourage students to immerse themselves in the world of sports and PE with the chance to perform or coach a sport (through the non-exam assessment component), and delve into the how and why of physical activity and sport.

An Excellent Platform – Students receive a well-rounded and full introduction to the world of PE, sport and sports science. This complete grounding in the subject provides a fantastic base from which to build when they move on to higher education, employment or further training.

Skills for a Modern World – Students can develop a range of practical skills, including communication using appropriate language, dealing with pressure, split second decision-making, analysing and evaluating performance, and more.

This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.

Course Content

The content is divided into four components. Each component is further sub divided into topic areas and the detailed content associated with those topics.

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: Socio-cultural 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 (NEA)

- 4.1 Performance or Coaching of an Activity, taken from the approved lists*
- 4.2 The Evaluation and Analysis of Performance for Improvement (EAPI)

Assessment Pattern

Physiological factors affecting performance (01)* 90 marks 2 hour paper 30% of total A Level
 Psychological factors affecting performance (02)* 60 marks 1 hour paper 20% of total A Level
 Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour paper 20% of total A Level

A Level Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)

- Performance or Coaching
- Evaluation and Analysis of Performance for Improvement (EAPI) 30% of total A Level

* Indicates inclusion of synoptic assessment.

**** Examination is weighted up to 90 marks to equal the total marks combined for the two tasks. Learners who are retaking the qualification may carry forward their result for the non-exam assessment component.**