Course title – A Level Physical Education

Exam board - OCR

Qualification title - AS and A-level Physical Education Specification link -
http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/

Unit titles
Physiological factors affecting performance (Exam based assessment)
Psychological factors affecting performance (Exam based assessment)
Socio-cultural issues in physical activity and sport (Exam based assessment)
Performance in physical education (Practical assessment + coursework)

Unit descriptions
Physiological factors affecting performance - Develops knowledge of the science behind physical activity. This includes the structure and function of key systems in the human body, the forces that act upon us and the adaptations we make to our bodies through diet and training. Psychological factors affecting performance - Learners gain a deeper understanding of the underlying psychological factors that influence our performance in physical activity and sport. Socio-cultural issues in physical activity and sport - Focuses on the sociological and contemporary issues that influence and affect physical activity and sport. Performance in physical education - Learners are assessed in the role of performer or coach in one activity.

Other relevant information – Students must keep themselves fit and there will be a mandatory 10km run during the year. The College will pay for a recognised NGB coaching course for you.

Entry Requirements
Students will be expected to have at least a Merit in BTEC Sport at Level 2 or grade 6 in a science, Grade 5 in English and maths. We highly recommend that you are playing a sport outside of College regularly (training at least once a week)

Possible progression routes – It could lead to numerous university courses including: Applied sports science, sport & recreation management, sports journalism, sport, health, exercise and nutrition, sports psychology, sport management, secondary PE & coaching

Equipment required –
Students must purchase College sports kit (shirt, shorts, jacket) and an A-Level textbook

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