

A Level Physical Education

Course introduction

The OCR Physical Education A Level has been designed to allow students to study PE in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject. The course is ideal for students with a deep interest in all areas of sport who may wish to pursue a career in the Sports Industry or further their studies in the field of Sports Science.

Course Content

The qualification is assessed through external examination and coursework and covers a broad range of topics in the following areas:

Content Overview	Assessment Overview	
• Applied anatomy and physiology • Exercise physiology • Biomechanics	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	30% of total A level
• Skill acquisition • Sports psychology	Psychological factors affecting performance (02)* 60 marks 1 hour written paper	20% of total A level
• Sport and society • Contemporary issues in physical activity and sport	Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour written paper	20% of total A level
• Practical Performance or Coaching (in 1 chosen sport) • Evaluation and Analysis of Performance	Performance for Improvement (EAPI) Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)	30% of total A level

Where does it lead?

Some possible areas of employment include:

Biomechanist, Exercise Physiologist, Personal Trainer, Lecturer in Higher Education, Researcher, Sports Development Officer, Clinical Cardiac Physiologist, Dietician, GP Referral Exercise Consultant, Performance Analyst, Respiratory Physiologist, Teacher.

Further information

Further information regarding the OCR A Level Physical Education syllabus studied at CFSA can be found at <http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/> or by request to the PE department. For any specific queries please contact Mr Alban, Head of PE.

