

# PHYSICAL EDUCATION

## Examination Board: OCR

### Why study Physical Education?

As a talented sportsperson your skill, ability, motivation and, not to mention, brainpower can now be rewarded with a recognised academic qualification. A level PE covers an incredibly diverse and interesting range of topics. Not only will you learn about how the body works and how to improve physical performance in a sporting context, but you will also become a psychologist, physiologist, sociologist and even a philosopher! It is this blend of skills that makes A level PE such an engaging and rewarding course.

### Where does it lead?

The sport and leisure industry is one of the fastest growing industries in the world, fed by an expansion of people's leisure time and spending. A background in Physical Education can lead to the further study of sports science at university and open doors into careers such as sports coaching, sports therapy, leisure management and community sports development.



I firmly believe that the **extracurricular opportunities offered** at Hardenhuish **allow brilliant union** across the years, **celebrate pride in achievement** and showcase the school's wealth of talents."

Sixth Form Student

### Course Content

#### Physiological factors affecting performance:

- applied anatomy and physiology
- exercise physiology
- biomechanics

#### Psychological factors affecting performance

- skill acquisition
- sports psychology

#### Socio-cultural issues in physical activity and sport

- sport and society
- contemporary issues in physical activity and sport

#### Performance in physical education

- performance or coaching of an activity taken from a list approved by the exam board
- the evaluation and analysis of performance for improvement

### Course Assessment

There are four assessment components:

- **physiological factors affecting performance** (2 hour written paper, 30%)
- **psychological factors affecting performance** (1 hour written paper, 20%)
- **socio-cultural issues in physical activity and sport** (1 hour written paper, 20%)
- **performance in physical education** (non-exam assessment, 30%)

**For further information, please contact Mr Brailey, Mrs Place or Mrs Davidge -Lumber**