



# Physical Education

## OCR

### Year 12

A level PE is a 2 year course where all units have linear assessment in the summer of year 13.

The Assessment breakdown is as follows:

Applied Anatomy and Physiology  
 Biomechanics  
 Skill Acquisition  
 Sport and Society  
 Performance or coaching  
 Evaluation and analysis of Performance for Improvement (EPI)

### Year 13

Assessment breakdown as follows:

Exercise Physiology  
 Biomechanics  
 Sports Psychology  
 Contemporary issues in physical activity and sport  
 Performance or coaching  
 Evaluation and analysis of Performance for Improvement (EAPI)

Assessment is at the end of Year 13 and consists of three written exams and an assessment of performance in PE. Theoretical aspects represent 70% of the final marks with 30% available for practical performance and analysis.

The Performance or Coaching part of the course can only be completed in certain sports to qualify for the course. For a list of qualifying sports please see the PE Department.

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of physical activity and sport.

The combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study improve your performance or coaching through application of the theory.

Physical Education is studied though a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people out perform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having in and on physical activity and sport.

### Links Well With:

Physical Education links well with Biology and Psychology.

### Progression Routes:

Sports Degrees, Sport College Courses, Sport Apprenticeships, Nutritional Courses, Personal Trainer Qualifications.