

Subject: Physical Education

Exam Board: OCR

Course Number: H555

Course Overview:

The content has been designed to allow learners to study Physical Education 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.

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.

The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

Performance in Physical Education (Non Examined Assessment)

- Performance or Coaching
- Evaluation and Analysis of Performance for Improvement (EAPI)

Physiological factors affecting performance (120 Minute Exam)

- Applied Anatomy and Physiology
- Exercise Physiology
- Biomechanics

Psychological factors affecting performance (60 Minute Exam)

- Skill Acquisition
- Sports Psychology

Socio-cultural issues in physical activity and sport (60 Minute Exam)

- Sport and Society
- Contemporary Issues in Physical Activity and Sport

How is this A Level assessed?:

Unit Code	Unit Title	Guided Learning Hours	Term when will this be taught (2 yr course)	Assessment Details	Assessment Weighting
H555 01	Physiological factors affecting performance	120	On going	2 Hour Paper 90 Marks	30%
H555 02	Psychological factors affecting performance	60	On going	1 Hour Paper 60 Marks	20%
H555 03	Socio-cultural issues in physical activity and sport	100	On going	1 Hour Paper 60 Marks	20%
H555 04	Performance in physical education	20	On going	1 Practical activity & Evaluation and Analysis of Performance for Improvement	30%

GCSE grades (minimum) required to enrol on this course:

Grade 6 or above at GCSE Sport Science

Grade 6 or above at GCSE Biology

Grade 5 in English Language

Grade 5 in Mathematics

What can I do with this qualification/Post-18 progression opportunities/ university subjects which this course supports:

Physiotherapy

Sports Therapy

Sport Science

Sports Coaching

Physical Education teaching

Leisure Management

Other A Level Subjects which support academic attainment/ complement learning

Biology

Sociology

Psychology

Essential Textbook incl ISBN

OCR A Level PE Book 1 – 9781471851735

OCR A Level PE Book 2 – 9781471851742

Recommended supplementary resources- websites, blogs, journals:

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>

Course specific equipment- include place to purchase and typical cost or estimate:

No specific equipment required

Out of lesson learning including trips and visits:

Students should be a member of a local, county or regional club in the sport that they would like to be assessed in practically. Cost will vary depending on the club and equipment required for the specific sport.

Lead Teacher to contact:

Miss Claire Tompsett c.tompsett@parkhighstanmore.org.uk

Quote from current student- include their name:

“A course that allows you to do both theoretical and practical aspects combined and enables you to have a full grasp of Physical Education and Science. There are a number of different modules which offer you a variety of options that suit many individuals. Overall it is a great subject and very different from most other subjects that are more classroom based” *Dhruvi Shah Year 13 2017*