



# PARK HIGH SCHOOL

## Physical Education

Exam Board: OCR

Course Specification: H555

Qualification obtained: OCR A Level in Physical Education

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### Subject 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.

**Assessment percentage Exam:** 70%

**Assessment percentage Coursework:** 30%

### Progression Routes:

This course will prepare learners for the further study of PE or sports science courses such as Physiotherapy, Sports Therapy, Sports Coaching, Physical Education teaching, Leisure Management as well as other related subject areas such as psychology, sociology and biology.

### Subject requirements:

- Grade 6 in Sport Science
- Grade 5 in English Language
- Grade 4 in English Literature
- Grade 4 in Mathematics

### Complementary learning:

- Psychology
- Sociology
- Biology

### Student Quotes:

*"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"*

*"Studying PE allows me to explore a whole host of areas in the world of sport and the theory or science that sits behind them"*

## Year 12

### Topics covered:

There are four components to the A-Level PE course:

Component 1: Physiological factors affecting performance

- Anatomy and Physiology
- Exercise Physiology
- Biomechanics

Component 2: Psychological factors affecting performance

- Skill acquisition
- Sport Psychology

Component 3: Socio-cultural issues in physical activity and sport

- Emergence and evolution of sport
- Sport in the 21st Century
- Global sporting events – the Olympic Games

## Year 13

### Topics covered:

There are four components to the A-Level PE course:

Component 1: Physiological factors affecting performance

- Anatomy and Physiology
- Exercise Physiology
- Biomechanics

Component 2: Psychological factors affecting performance

- Skill acquisition
- Sport Psychology

Component 3: Socio-cultural issues in physical activity and sport

- Commercialisation and the media
- Routes to sporting excellence in the UK
- Modern Technology in sport
- Ethics and Deviance in sport

Component 4: Performance in physical education

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

## Assessment

Is 70% Exam and 30% Coursework.

Unit Code	Unit Title	Assessment Details	Weighting
Component 01	Physiological factors affecting performance	Written Examination: 90 marks, 2hr	30%
Component 02	Psychological factors affecting performance	Written Examination: 60 marks, 1hr	20%
Component 03	Socio-cultural issues in physical activity and sport	Written Examination: 60 marks, 1hr	20%
Component 04	Performance in physical education	Non-exam assessment: 60 marks	30%

## Additional information

### Course specific equipment:

No specific equipment required

### Essential Reading Material:

OCR A Level PE Book 1 9781471851735

OCR A Level PE Book 2 9781471851742

### Recommended resources:

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

### Enrichment:

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.