

# Physical Education

A level Physical Education is the study of exercise and sport in terms of human anatomy, health and achievement. At A level you will aspire to pursue a career in the sport and leisure industry. You will develop skills that will increase your competence, knowledge, understanding and effectiveness in physical activity. You will understand the diversity of the sports industry and the components that have an impact upon participation and sports performance. A level Physical Education is a must for anyone considering studying any aspect of the sport and leisure industry.

## Student Profile

A successful student will need:

Grade 6 in GCSE PE and / or Science.

Practically very strong in at least one sport (minimum County level).

Interested in learning about sport and it's components.

Determined, self-motivated and prepared to work hard.

Work well independently and as part of a small group.

## Course Content (OCR)

Students will study a variety of areas throughout the two year course. This includes; applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sports psychology, sport and society and contemporary issues in physical activity and sport.

## Assessment Overview

Physiological factors affecting performance - 90 marks 2 hour paper

Psychological factors affecting performance - 60 marks 1 hour paper

Socio-cultural issues in physical activity and sport - 60 marks 1 hour paper

Performance or coaching in one sport

Evaluation and analysis of performance for improvement (EAPI) in your chosen sport.

## Skills Gained

The ability to apply and adapt a wide range of skills and techniques effectively in different types of physical activity.

The knowledge, skills and techniques required to perform effectively in physical activities.

The development of critical evaluation skills, applying them in different sporting contexts.

The ability to analyse sports performance and plan for improvement.

Written and verbal communication skills.

The ability to evaluate.

## The Future - What Next?

A level Physical Education is recognised by all universities as a suitable and beneficial qualification for degree courses. The scientific and practical elements of the course provide an essential background for studying sports industry at degree level.



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**'Potential into Performance'**

*Building Your Future Together*