

A-Level Physical Education

EXAM BOARD: OCR

What does the course cover?

During this course you will learn about anatomy physiology, skill acquisition, social cultural factors, and the history of sport and compare sport in different cultures. These big questions include:

- Where does sporting ability come from?
- How do you learn new skills?
- What do professional athletes mentally prepare before a big match?
- What is the 'zone'?
- How does your brain communicate with your muscles to make movement happen?
- Where would you rather be born: Australia, UK or USA?
- What is the 'best' sport Rugby or American Football?
- Which country cares most about sport?
- How can you become a professional athlete?
- What country is the fattest nation? What strategies are being used to tackle the international obesity crisis?
- Describe the five functions of the skeletal system?
- Describe the movement patterns at the hip joint, knee joint and wrist?
- Pick two structural characteristics of a slow twitch muscle fibre and how they help with the function of that fibre type.
- Name the origin and insertion for the gluteus Maximus?
- For any particular joint name the actions performed and muscles used with sporting examples?
- How do old traditions and sport today correlate?
- Was the industrial revolution a sporting revolution?
- What is the history of Football, Cricket, Swimming, Athletics and Tennis?
- What is the government doing to promote sport and stop obesity?

What skills will the course help you develop?

Studying Physical Education will help you develop a wide understanding of sport. How your body works when performing activities, looking at the sporting world from different perspectives and developing your own opinion to formulate convincing and well-reasoned arguments. As well as this, you will learn to critically assess different viewpoints, have in depth knowledge and understanding of exercise physiology, compare sport in different countries and look at the history of sport over time. A PE residential trip in AS is a fantastic opportunity for students to gain a good second sport grade. Physical Education will help you develop a range of important skills for the future.

How is the course assessed?

The course is assessed through both exam and your practical ability: 60% theory and 40% practical with an oral exam looking at observation analysis.

What are the entry requirements?

Students wishing to study Physical Education should have 5 GCSEs A*-C, including a Grade B in English. A good GCSE in Physical Education is also helpful. Students will need to have been successful in an essay-based subjects and Biology.

What do students who study this course go on to do?

Students who study this course have gone on to study a wide range of subjects at university, from sport science, teaching, physiotherapy and coaching. This subject is widely applicable to many different areas and a highly regarded A-Level.

Who is the staff contact for Physical Education? Mrs Masterson and Mr Hume