

PHYSICAL EDUCATION

HEAD OF DEPARTMENT

Mr M Robinson
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TYPE OF QUALIFICATION

A-level

EXAM BOARD

OCR

SPECIFICATION

<http://bit.ly/OCRphysicaleducation>

ENTRY REQUIREMENTS

Preferred: GCSE Biology and P.E. grade 6

Essential: GCSE Biology and P.E. grade 5



AIMS OF THE COURSE

The aims of this course are to:

- give students an understanding of the physiological and mechanical basis of performance in sport and PE
- understand the Psychological factors influencing behaviour in sport and the historical and cultural aspects of participation in sports
- understand the prominent role sport has played as a political tool in the past and as a marketable commodity in the present

COURSE OUTLINE & ASSESSMENT

The course consists of 7 components: 70% theory and 30% practical

Unit One: Applied anatomy and physiology

Unit Two: Exercise physiology

Unit Three: Biomechanics

Unit Four: Skill acquisition

Unit Five: Sports psychology

Unit Six: Sport, Society and contemporary studies

Unit Seven: Performance or coaching practical - one sport to be assessed - performance, evaluating and planning of performance

CAREER PROSPECTS

The A-level qualification is accepted as a qualification for university courses in all subjects. If you choose to specialise in Physical Education at university, these are some of the careers you may wish to pursue: Sports Science, Physiotherapy, Leisure and Tourism, Recreation and Tourism, Teaching and Sports Nutrition.

SUBJECT ENRICHMENT



Something to think about...

Technology in Sport; cheating or evolution? Should a performer use dynamic or static stretching before competition? Should global events such as the Olympics include all countries regardless of political issues?



Something to listen to...

Podcasts discussing topical sports talking points. 'Sportsworld' and 'Flintoff, Savage and the Ping Pong Guy', both available on BBC Sounds.



Something to read...

YouGov (<https://sport.yougov.com/>) is a Sports Research company with lots of interesting articles. Also check out UK Sport (<https://www.uk-sport.gov.uk/>) for everything Team GB. Good Books: 'How Bad Do You Want It?: Mastering the Psychology of Mind Over Muscle' by Matt Fitzgerald and 'Bounce: the Science of Success' by Matthew Syed.

