

# PHYSICAL EDUCATION

## HEAD OF DEPARTMENT

Mr M Robinson  
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## TYPE OF QUALIFICATION

A-level

## EXAM BOARD

OCR

## SPECIFICATION

[Click here](#)

## 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](#) is a Sports Research company with lots of interesting articles. Also check out [UK Sport](#) 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.

