

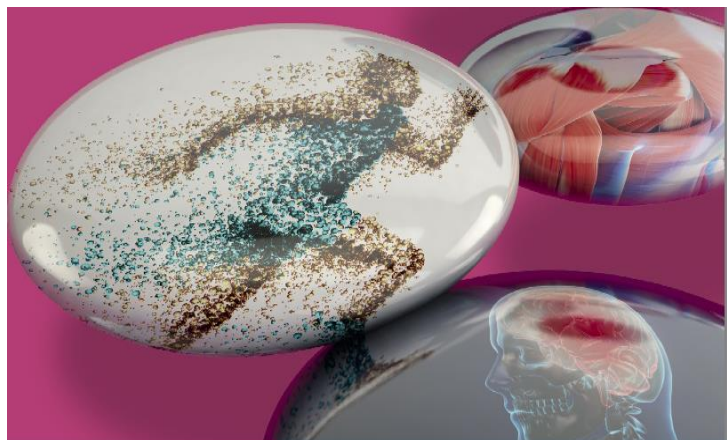
# **Physical Education**

## **A Level**

**Head of Department:**

Russell Franklin

**Exam Board:** OCR



### **What is the course about?**

This course covers Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance. It will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

Learners will study anatomy, physiology, biomechanics, sport psychology, skill acquisition and contemporary issues in sport. This will aid their knowledge of how all of these factors underpin health, fitness and performance.

### **What will I study in the first year?**

In the first year you will study how physiological factors affect performance; namely the cardiovascular, respiratory, skeletal and muscular systems. You will also learn about ATP as the energy currency of the body and how different energy systems contribute to our energy continuum.

### **What will I study in the second year?**

In the second year you will study psychological and socio-cultural issues. You will also critically evaluate your own performance for your coursework component.

### **How is the course assessed?**

Assessment is 70% exam and 30% coursework.

### **What skills will I develop in this course?**

You will develop your ability to analyse and evaluate to improve performance; understand the contribution which physical activity makes to health and fitness; improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

### **What does this subject offer for higher education and future careers?**

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.