



Physical Education A Level

Board: OCR, Specification H555

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The course

This course takes a multi-disciplinary approach, encouraging the development of different methods of enquiry drawn from a wide range of disciplines, with the focal point being the performer and the performance. The specification is based on the interactions between the theory and practice of physical education.

The content is divided into four components. Each component is further sub-divided into topic areas and the detailed content associated with those topics.

Component 1: Physiological factors affecting performance (30% of A Level)

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics.

Component 2: Psychological factors affecting performance (20% of A Level)

- 2.1 Skill acquisition
- 2.2 Sports psychology

Component 3: Socio-cultural issues in physical activity and sport (20% of A Level)

- 3.1 Sport and Society
- 3.2 Contemporary issues in physical activity and sport

Component 4: Performance in physical education (Non Exam Assessment 30% of A Level)

- 4.1 Performance or coaching of an activity taken from the approved lists (See below)
- 4.2 The Evaluation and Analysis of Performance for Improvement (EAPI)

Approved Activity list (you may enter an activity as a performer or coach)

Association football, Amateur Boxing, Athletics, Badminton, Basketball, Blind Cricket, Boccia, Camogie, Canoeing, Cricket, Cycling (Track or road cycling only), Dance, Diving (Platform diving), Equestrian, Gaelic football, Goal Ball, Golf, Gymnastics, Handball, Hockey (Field), Hurling, Kayaking, Lacrosse, Netball, Polybat, Powerchair football, Rock Climbing, Rowing, Rugby League, Rugby Union (sevens or fifteen-a-side), Sculling, Skiing (on snow), Snowboarding, Squash, Swimming, Table Cricket, Table Tennis, Tennis, Trampoline, Volleyball, Wheelchair basketball, Wheelchair rugby.