



Physical Education

Course Leader

Dean Dummett

Examination Board

OCR

Assessment

Written examinations
Practical skills assessment
Verbal Assessment

What you will study?

Studying A-Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide-ranging knowledge into the how and why of physical activity and sport.

Physical Education is studied through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people outperform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having in and on physical activity and sport.

Topics Studied:

Physiological factors affecting performance:

1.1 Applied anatomy and physiology • 1.2 Exercise physiology • 1.3 Biomechanics

Psychological Factors Affecting Performance:

2.1 Skill acquisition • 2.2 Sports psychology

Socio-cultural issues in physical activity and sport

3.1 Sport and society • 3.2 Contemporary issues in physical activity and sport

Future Pathways

A Level Physical Education is an excellent base for a university degree in sports science, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more.

A Level Physical Education can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, personal training or teaching. The transferable skills you learn through your study of Physical Education, such as decision-making and independent thinking are also useful in any career path you choose to take.

Extra Curricular Opportunities:

Performance laboratories. Competing.
Coaching opportunities. Elite Sport observations.