



AS/A2 PHYSICAL EDUCATION

Head of Department - Mr B.R. Passenger

EXAMINATION BOARD

OCR

ENTRANCE REQUIREMENTS

Students should have a strong practical background and understanding. Grade B in GCSE Science is expected. Grade B in GCSE Physical Education (if studied) would also be expected.

THE COURSE

This syllabus is offered as a multi-disciplinary approach to the participation in and study of man's movement, performance and behaviour in relation to play, institutionalised physical education, sport and recreation. Academic study within physical education can provide greater knowledge, insight and understanding of performance. This syllabus is based on an understanding of concepts and methods of enquiry drawn from a wide range of disciplines with the focal point being the performer and the performance.

AS

Module 1 (60%):

1. Applied Anatomy and Physiology
2. Acquiring Performance and Teaching Movement Skills.
3. Contemporary Studies in PE and Sport

Module 2 (40%): PRACTICAL ACTIVITIES

Performance and its improvement through critical analysis.

1. The selection and application of acquired and developed skills in:-
 - (i) two activities from different sports sub-categories.
 - (ii) perform one sport and coach / lead in another
 - (iii) perform one sport and officiate in another
2. Understanding Performance through observation and synopsis of knowledge.

A2

Module 3 (70%):

1. Historical Studies
2. Psychology of Sport Performance
3. Exercise Physiology

All include Synoptic Assessment – bringing together knowledge of principles and concepts across the modules.

Module 4 (30%): PRACTICAL ACTIVITIES

1. Effective Performance in one activity*

AND

2. Understanding Performance through observation and synopsis of knowledge.
(*chosen from a specific list, split into sports sub-categories).

While candidates can choose to be examined in any of the activities on the list, not all are covered on the course.

USEFUL SUPPORTING GCSE AND A LEVEL SUBJECT –
Biology.