



# Physical Education

## **Why study PE?**

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-examined assessment component, you will also mix the combination of physical performance and academic challenge.

## **What skills will I gain from studying PE?**

You will develop the ability to link key sporting ideas with practical performance and gain insight into the relationships in team environments. You will develop transferable skills including; decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure.

## **Having studied PE what opportunities will be open to me?**

A Level Physical Education is an excellent base for a university degree in sports science, PE teaching, sports management, healthcare, physiotherapy or exercise and health. It will also provide an excellent foundation for those who are intending to enter the sport and leisure industry in roles such as personal training, fitness instructor, sports management and sports development as well as many other career areas.

## **Entry requirements**

Grade 6 in Physical Education and 6 in Biology or 6-5 in Combined Science

**Exam Board – OCR**

**Specification code/no. - H555**

## **Topics covered in Year 12 and Year 13**

Physiological factors affecting performance. Students will study the following topics: applied anatomy and physiology; exercise physiology; biomechanics, including technology in sport. Psychological and socio-cultural themes. Students will study the following topics: skill acquisition; sports psychology; sport and society. Performance in physical education; performance or coaching; evaluation of performance for improvement.