

PHYSICAL EDUCATION

OCR | H555

ST GEORGE'S
ASCOT 

Physical Education is the study of human movement, performance and behaviour in relation to sport and exercise. It takes a multi-disciplinary approach encouraging the development of a range of methods. The course aims to provide greater knowledge, insight, analysis and understanding of human performances.

THE COURSE

Pupils will engage and learn about the physiological and psychological factors affecting performance and the socio cultural issues in sport and physical activity. The course content addresses contemporary topics in sport, such as the impact in the use of ergogenic aids, technology and the increasing commercialisation of sport as well as theoretical understanding of biomechanics, physiology, sports psychology and skill acquisition.

The specification gives pupils the opportunity to show their understanding through the evaluation and analysis of competitive performance as well as demonstrate their sporting talent as either a performer or coach.

ASSESSMENTS

- Paper 1 - Physiological factors affecting Performance
30% (2 hrs)
- Paper 2 - Psychological factors affecting Performance
20% (1 hr)
- Paper 3 - Socio-cultural issues in Physical Activity and Sports
20% (1 hr)
- Practical Performance
15%
- Evaluating and Analysing Performance for Improvement (EAPI)
15%

BEYOND THE COURSE

Physical Education is a broad study area that can complement a variety of other subjects, such as Biology and Psychology, making it a highly compatible choice. It is well regarded as an A Level subject when applying to read different fields of study and could lead you towards numerous university courses in sporting disciplines, including, Sports Management, Sports Science, Sports Psychology, Teacher Training and Physiotherapy. It provides huge benefits and interest to girls with a sporting background wishing to pursue their chosen sport to a higher level beyond school.