

A LEVEL

PE

Exam Board: OCR	Course Code: H555
Entry Requirements: Average of grade 5 or higher across all GCSE exams including a minimum grade of 5 for English and maths. Grade 5 in Science	

Course Summary:

Have you ever wondered why some people can run faster than others or how personality can affect your performance? Have you ever questioned why an elite athlete would risk everything and use performance enhancing drugs? Do you want to find out more about how technology can improve an athlete's performance? Study A-Level PE to find the answers.

The emphasis throughout the course is on the development of your knowledge, competence and confidence in a wide variety of skills that will enable you to confidently move forward in life. You will learn how Physical Education affects and contributes to society and also how to apply your knowledge from this course to any number of different practical situations or career choices.

Skills:

Along with in-depth knowledge of human biology, you also need to gain an understanding of sports psychology, biomechanics, and how the theory behind sport physical education and physical activity works.

There is an element of the course that requires practical ability so this is a skill you require in at least two different sports.

As well as the above you will need

- Motivation and Commitment
 - Willingness to Work Cooperatively
 - The Ability to Work Independently
 - Good essay writing skills
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Assessments:

Content Overview	Assessment Overview
H555/01 Physiological factors affecting performance This component will assess: 1.1 Applied anatomy and physiology 1.2 Exercise physiology 1.3 Biomechanics	Written paper: 2 hours 30% of total A Level 90 marks This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.
H555/02 Psychological factors affecting performance This component will assess: 2.1 Skill acquisition 2.2 Sports psychology	Written paper: 1 hour 20% of total A Level 60 marks This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.
H555/03 Socio-cultural issues in physical activity and sport This component will assess: 3.1 Sport and society 3.2 Contemporary issues in physical activity and sport	Written paper: 1 hour 20% of total A Level 60 marks This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.
H555/05 Practical Performances This component will assess either: - core and advanced skills in performing one activity or - core and advanced skills in coaching one activity.	Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks This NEA will consist of one activity taken from the approved list. Learners can be assessed in the role of performer or coach.
H555/06 Evaluating and Analysing Performance for Improvement This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.	Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks This NEA will consist of observing a live or recorded performance by a peer and then providing an oral response analysing and critically evaluating the performance.

This course is suitable for students who...

Hard working pupils who are organised and take independent learning and reading seriously.
You need to have a genuine interest in Physical Education and a passion for how the body works and the theory behind sport.
You also need to be a competent writer. It helps to have a strong practical background however the above is more important.

Future careers:

You could study at a top university leading towards a career in the following:

Physiotherapy, Nutritionist, Sports Massage, Sports Medicine, Biomechanist, PE Teacher, Sports Development, Fitness Industry, Sport Infrastructure, Sports Law, Finance in Sport, Journalism, Coaching, Photography, Events Management, Sports Psychology and many more.
