Physical Education

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Key topics covered

UNIT 1: Physiological factors affecting performance **(30% of A Level)**
- Anatomy and Physiology
- Exercise Physiology
- Biomechanics

UNIT 2: Psychological factors affecting performance **(20% of A Level)**
- Skill Acquisition & Sports Psychology

UNIT 3: Socio-cultural issues in sport **(20% of A Level)**
- Sport and society
- Contemporary issues

UNIT 4: Performance in PE (non-examined) **(30% of A Level)**
- Performance or coaching in physical education
- Evaluation and analysis of performance in sport

Recommended Textbook and/or resources

Textbook: OCR A Level PE (Year 1 and Year 2) by John Honeybourne/ Sarah Powell (Amazon £42)

PE Review: Copies of these can be requested from the PE office and they provide real world context to difficult theoretical content.

https://pages.theeverlearner.com/2022-ocr-a-level-pe-revision

https://www.youtube.com/user/sdclewespe

Calculator: Predominantly for Biomechanics

Why Study the Subject/what students Like about it

A-Level PE gives students an opportunity to study a broad range of topics linked to sport and physical activity. Students can develop an understanding of how physiological and psychological factors affect the performances of various athletes as well as how socio-cultural issues have influenced sport over the years. Students enjoy gaining an insight into what makes an elite sportsperson successful, particularly when applying this to real-life examples of some of the world's most famous sporting performers.

'A level PE is a great course option as it covers and explores so much relevant and interesting sport related content that allows you to gain a deeper knowledge and understanding of all of the different sectors of sports which sets you up perfectly to continue studying with a wide range of University courses which PE opens up' (Lloyd – A-Level PE Student)

Opportunities outside the classroom

- Visit to the UEA to find out more information regarding courses on offer plus a tour of the campus.
- Visit to The Nest to talk through various courses and career opportunities with CSF.
- Links to the PET course for those wishing to pursue a career as a coach or PE teacher.
- Continued and regular participation in their chosen sporting activity.
- Talks from previous students that have gone onto their own careers after studying A Level PE.
- Gain experience of professions they may wish to go into after completing their qualifications.

Future progression/career routes

University courses: Physical Education, Sport Science, Sport Studies, Healthcare
Careers: PE Teacher, Personal Trainer, Sports Coach, Physiotherapist, Sport Scientist

