PH6

Physical Education

Exam Board: OCR

This course encourages students to analyse the concept of performance from a range of physiological, psychological, biomechanical and sociological viewpoints. Through the diversity of its content, this course provides a whole array of skills for life such as communication, dealing with pressure, split second decision-making, analysing and evaluating performance, and more which would be suitable for any career path.

This challenging and rewarding course aims to encourage students to:

- Review their current participation in physical activity and identify the importance of their involvement as a player, or coach.
- Create a development plan and a life plan for their participation in physical activity.
- Foster an understanding of the sociological factors underpinning sport and physical education.
- Enable students to gain an insight into the physiological and mechanical factors affecting performance in sport and physical education.
- Develop an understanding of the psychological factors influencing behaviour and learning in sports and physical education.
- Develop an ability to appreciate the relationship between theory and practice and to apply theoretical knowledge to develop an understanding of practical performances in sports, from grass roots to elite level.

Who is the course for?

- Students who are considering undergraduate study in Sport and Exercise Science, Physiotherapy, Teaching, Coaching, Armed Forces or Sport Technology.
- Students considering a career in journalism, retail, manufacturing or professional sport.
- Students who have a genuine interest and aptitude for physical education and sport, but at present do not intend to take the study of the subject beyond A-level, can use their grades as UCAS entry points for any other further study or degree course.

The course is overall 70% theory and 30% practical.

Entry Requirements:

9–6 GCSE Physical Education (if studied).

9-5 GCSE English, Mathematics and Science.

A-level Course Summary:

Three externally assessed examinations.

Component 01: Physiological factors affecting performance
30% of A-level.
1.1 Applied anatomy and physiology.
1.2 Exercise physiology.
1.3 Biomechanics.

Component 02: Psychological factors affecting performance
20% of A-level.
2.1 Skill acquisition.
2.2 Sports psychology.

Component 03: Socio-cultural issues in physical activity and sport
20% of A-level.
3.1 Sport and Society.
3.2 Contemporary issues in physical activity and sport.
One non-examined assessment.

Component 04: Performance in physical education
30% of A-level.
4.1 Performance or coaching of an activity. taken from the approved lists.
4.2 Written or verbal coursework.

Other Course Information:

All students on the course must purchase the A-level PE practical kit which is currently a polo shirt and hooded sweatshirt which must be worn for all practical lessons and moderated practical examinations. The cost is £45.

There is a visit to The University of Bath in the first term, where students will undertake laboratory and field based fitness profiling. The cost is approx. £20.

Physical Education

"I have enjoyed learning about how the body responds to exercise. The Socio-cultural side of the course has allowed us to understand sport in the past, and how it has shaped what we take part in today within society, and the impact schools and role models have on participation."

"I studied PE at GCSE and wanted to further extend my understandingat A-level. PE has helped me find a passion for sport and keep growing my expertise and helped me decide on my future. It's an amazing course if you love sport and want to extend your sport."

"If you enjoy sport, then this course is for you. From the History of Sport and how it has impacted the sport we watch and play today, to how the body reacts to exercise and how we can optimise this. The subject has inspired me to continue to learn about sport at university on a Sports Science course."

Activities:

Bath University Visit to the Sports Laboratories to see Sports Science in action with Elite Performers.

Go Perform (Reading) visit to see Sports Rehabilitation of Elite Performers.