

# PHYSICAL EDUCATION

EXAM BOARD: OCR



## WHAT WILL I STUDY?

### Theory

- Anatomy and physiology
- Exercise physiology
- Biomechanics
- Sport psychology
- Skill Acquisition
- Sport & Society
- Contemporary issues in Sport

### Practical

- Performance or Coaching in 1 activity from an approved list of sports
- A log book detailing your training & competitive participation in your chosen sport
- Acquiring, developing and evaluating practical skills in P.E. (including EPIP)

## HOW WILL I BE ASSESSED?

The majority of lessons will be spent in the classroom exploring the theoretical side of the course. While there may be some practical lessons it is expected that students are participating in their chosen sport outside of school to complement their practical assessment. A log book outlining all training and games should be kept through the 2 year programme of study.

**Practical: 30%** One practical performance as either a coach or a performer in a sport from a list of approved activities. Evidence of regular competitive participation in your chosen sport is a mandatory requirement of the course. One Analysis of Performance task.

**Theory: 70%** A total of four hours assessment split over three examination papers (2 x 1 hour and 1 x 2 hour) taken at the end of the two year course.

## MINIMUM GCSE REQUIREMENTS

- PE Theory grade 6

## POSSIBLE PROGRESSION PATHWAYS

It is a useful (sometimes essential) option choice for anyone interested in a career related to sport:

- PE teacher
- Physiotherapist
- Sports scientist
- Nutritionist
- Sports coach
- Sports psychologist
- Sports marketing
- Events management

The course has a heavy Scientific bias so it is academically taxing. As such this course will also benefit students wishing to enter the medical Professions.