

The Course

The OCR specification course consists of four units:

Unit 1: Physiological factors affecting performance: This unit looks at applied anatomy and physiology, exercise physiology, biomechanics and technology. (30%)

Unit 2: Psychological factors affecting performance: Unit two involves skill acquisition and sports psychology. (20%)

Unit 3: Socio-cultural issues in physical activity and sport: Pupils will develop a knowledge and understanding of sport and society and contemporary issues in sport. (20%)

Unit 4: Performance in physical education: Perform or coach an activity and complete a verbal evaluation and analysis of a sporting performance. (30%)

What is the course about?

The course is very sport science based. Whilst there are elements which operate through a practical medium, the large majority of lessons are theoretical.

The anatomy and physiology sections of the course deal with how the human body works during exercise and examines the relationship between training and performance. The psychological aspect deals with how we acquire skills and how we can mentally deal with competition. The socio-cultural area looks at the routes to sporting excellence in the UK and the use of technology in sport. For the practical element you should play at representative level.

Why study Physical Education?

If you have a passion for sport and want to learn about how performance can be improved through theoretical learning, then this is the right course for you. You may want to move on to a related career or higher education course, or improve your own sporting performance.

What do I need to study Physical Education?



A minimum Grade 6 in either GCSE Biology or Grade 6/6 in Combined Science, with a minimum Grade 6 on the Biology paper. In addition, a sport must be offered, which must be performed or coached to a high standard. It is not necessary to have studied Physical Education at GCSE in order to pursue the A Level course.

A Level subject video: <https://youtu.be/oAFfRynD5UA>