



PHYSICAL EDUCATION

A Level or AS Level

Director of PE & Sport and course contact:

Luke Hampton

Email: lfh@barton.ac.uk

Exam Board: OCR



Fact File

- GCSEs to include a Grade 4 in English, Mathematics and a Science subject (PE is desirable)
- Minimum Average GCSE Score required for this course: 5
- Focus is on the study and application of key theoretical concepts that underpin sports performance alongside the development of a balanced, active, healthy lifestyle
- Oral coursework assessment, practical assessment in one sport and written exams
- Can lead to a variety of sports degrees and other higher education courses, as well as a range of careers in the sports industry.
- Students must be regularly taking part in sporting activities and competing in either individual or team sports. Or they must be willing to join a college team/ enrichment activity.

Course summary

If you are passionate about sport, have a good level of practical ability and take a real interest in sport and physical education then A Level Physical Education could be a great choice.

The course enables you to investigate a wide range of sport-related topics and will develop your knowledge and understanding of the core aspects of sport including applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sports psychology, sport in society and contemporary issues in sport.

The diverse nature of the syllabus encourages a wide variety of teaching and learning styles including group work, individual assignments, presentations and practical work. These will require you to be flexible and to make positive contributions in all aspects. Progress is checked regularly, as are your files and notes. Each week we hold lunchtime workshops where a member of the teaching staff is available to help with more complex or individual problems.

Students on this course are motivated, enthusiastic and willing to participate in a wide range of sporting activities through the College's recreational and team game programmes. The Department focuses on the practical application of all that is learned in the classroom and you will experience a wide range of activities. Success at this level requires a good understanding of a range of different theoretical concepts, good essay writing skills and the ability to carry out experimental and practical work.

Physical Education is a great start on a career pathway into a burgeoning industry. Success can lead to higher education and/ or career opportunities in teaching, sports coaching, physiotherapy, sports development, sports therapy, strength and conditioning, nutrition, sports science support and sports journalism, as well as numerous roles in the sports and leisure industry itself.

Specific entry requirements

All students on a full A Level programme are expected to have at least five Grade 4 GCSEs. This course requires at least a Grade 4 in English, Mathematics and any Science subject. Minimum Average GCSE Score: 5.

Students must be regularly taking part in sporting activities and competing in either individual or team sports. Or they must be willing to join a college team/ enrichment activity. This is to ensure they can be assessed practically for the coursework.

What kinds of topics will I be studying?

- Applied Anatomy and Physiology, Exercise Physiology and Biomechanics (examined; 35% of A Level)
- Skill Acquisition and Sports Psychology (examined; 15% of A Level)
- Sport and Society and contemporary issues in sport (examined; 15% of A Level)
- Practical performance or coaching (practical assessments; 20% of A Level)
- Evaluation and Analysis of Performance (oral assessment; 10% of A Level)

What will my final qualification be?

An A Level in Physical Education at the end of two years of study, awarded by OCR. Where a standalone AS course is available, marks will not count towards the full A Level qualification.

How will my work be assessed?

Written examinations (70%), practical assessment (20%) and a spoken Evaluation and Analysis of Performance for Improvement in your sport (10%).

What extra support/enrichment activities might be offered?

Individual support is offered to students throughout the year with regular progress checks made. Extra sessions take place at lunchtimes to support students working on challenging topics and for revision/exam preparation and/or catching up. You will have ample opportunity to take part in the College's rich sporting life including participation in teams and competitions.

What other subjects combine well with this course?

Psychology, English Language and Literature, Sociology, Biology and Geography go particularly well with Physical Education.

Where might it lead?

A qualification in Physical Education at A Level can lead to a variety of degrees at university including Sports Science, Physiotherapy, Sports Therapy, Strength and Conditioning, Sports Psychology, Sports Development and Sports Journalism. You could also train as a PE teacher or put the skills learnt on the course to good use in another degree subject.

Will I need any specialist materials or equipment?

You will need PE kit for practical lessons: a Nike Kit Bundle is available. Also the course text book and writing materials (folder, pens, highlighters).

What is the difference between this course and Cambridge Technicals Sport?

The key difference is that the A Level course is examined and Cambridge Technicals Sport is assessed through a combination of coursework and exams. The theoretical content of the two courses is similar but the A Level is a much more academic course.