



Wakefield Girls' High School
 Queen Elizabeth Grammar School
Wakefield

Technical Information

A-level

A-level Course Title	Unit Code	Awarding Body
Physical Education	H555	OCR

A-level Examinations:

Name	Method of Assessment
Physiological factors affecting performance	Written exam
Psychological factors affecting performance	Written exam
Socio-Cultural factors affecting performance	Written exam
Performance in Physical Education	Non-examination assessment Performance or coaching Evaluation of performance for improvement 30%

WGHS Senior School

(Girls 11-18 years)
 Wentworth Street
 Wakefield WF1 2QS
 Telephone: 01924 372 490
 Email: office@wghsss.org.uk
 Twitter: @WGHSYorkshire

QEGS Senior School

(Boys 11-18 years)
 154 Northgate
 Wakefield WF1 3QX
 Telephone: 01924 373 943
 Email: office@qegsss.org.uk
 Twitter: @QEGSYorkshire

www.wgsf.org.uk

Course Guide

A-level Physical Education

Physical Education

Background Knowledge and Qualifications

There is no requirement to have studied GCSE Physical Education as a prerequisite however, a general interest in both the practical and theoretical aspects of Sport Science and Physical Education is a necessity. In turn, there is a practical element to the course and candidates are required to perform effectively in one activity as a performer or coach.

What is important is that you should have a lively and enquiring mind, an interest in Physical Education, a willingness to explore new ideas and an ability to communicate your ideas effectively.

In essence, the course will let students who enjoy sport and sporting activities develop their all-round knowledge of the subject whilst pursuing an academic course they enjoy and to which they can relate.

The course will appeal to those students who:

- have a keen interest in sport and recreation.
- want to follow a course that develops the theoretical aspects through practical involvement.
- have an enquiring mind and are interested in sport throughout the world.
- want to know more about how the body functions and the effects of exercise.
- want to evaluate and improve their own sporting performance.
- enjoy discovering about themselves in practical situations.
- want to study a course that is active and that they will enjoy.
- may want to move onto a related career or higher education course.

Course Description

A-level Physical Education allows learners to study sports science and PE in an academic setting, enabling them to critically analyse and evaluate their performance and the performance of others. The course equips learners with both depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural, and practical aspects of sport and physical education. Students benefit from practical lessons where theoretical concepts and scientific knowledge can be applied to practical examples to help reinforce understanding and develop analytical techniques. Physical education is a joint teaching subject.

This A level is a reformed A Level. For your A level you will be studying the following areas:

Component 1

Applied Anatomy and Physiology
Exercise Physiology Biomechanics

Component 2

Skill acquisition
Sports Psychology

Component 3

Sport in society
Contemporary issues in physical activity and sport

Component 4

Performance or coaching Evaluation and analysis of performance for improvement.

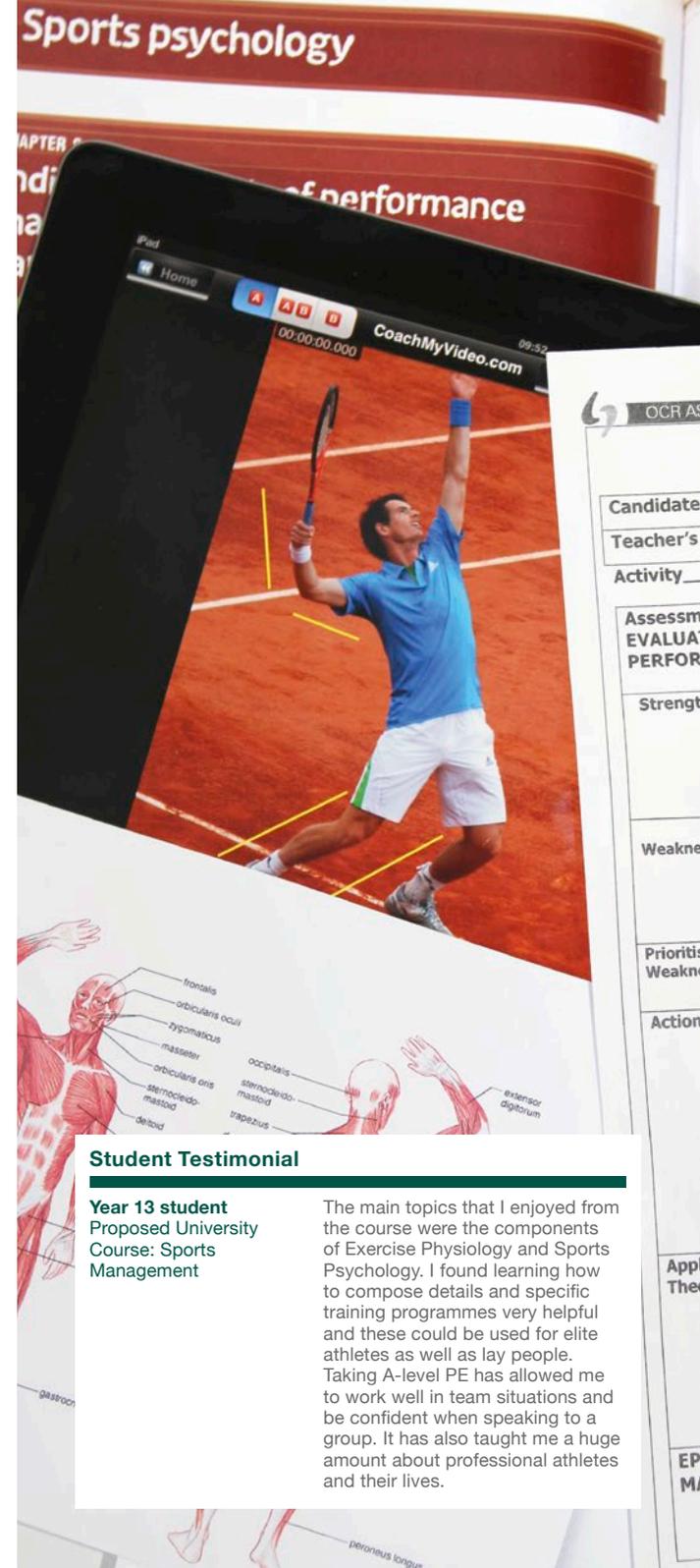
Use of Course and Qualification

The new A-Level qualification has a more focussed academic emphasis and therefore the qualification is not only suitable to a career for which an understanding of the human body or behaviour is desirable, but for any further study in a broad range of degree courses.

Physical Education combines with a range of A-level subjects. Taken with the Sciences it supports applications for a wide range of university courses such as Chemical Engineering, Sports Science, Physiotherapy, Nutrition and Exercise Science. Taken with other subjects it can lead to university courses in Leisure and Recreation Studies, Sports Coaching and Management, Sports Technology and Teaching degrees.

Past students have followed a wide variety of courses ranging from Teaching, Business and Management, Agriculture, Travel and Tourism to Physiotherapy and Medicine.

Some students may use their qualifications to go straight into employment. Since A-level Physical Education develops transferable skills and the key skills that employers are looking for, they can lead to a very wide range of employment opportunities. This can include further training in such areas as Recreational Management, Leisure activities, Armed Forces, the Civil Services, Teaching and Sports Administration, Physiotherapy and Sports Science to name but a few.



Student Testimonial

Year 13 student
Proposed University
Course: Sports
Management

The main topics that I enjoyed from the course were the components of Exercise Physiology and Sports Psychology. I found learning how to compose details and specific training programmes very helpful and these could be used for elite athletes as well as lay people. Taking A-level PE has allowed me to work well in team situations and be confident when speaking to a group. It has also taught me a huge amount about professional athletes and their lives.