

## **Advanced PHYSICAL EDUCATION**

**EXAM BOARD: OCR**

### **AIM OF THE COURSE**

- Develop knowledge and skills they require to perform effectively in physical activities.
- Develop the skills and techniques necessary to analyse, evaluate and improve performance.
- Develop an understanding of the factors influencing performance and the ability to apply these to a range of physical activities.
- Develop a capacity to explain current provision for participation in physical activity in the context of social issues and global trends.
- Develop an appreciation of social, moral and cultural issues which affect participation and performance in physical activity.

### **Provisional Course Entry Requirements**

You should have achieved an Average Point Score across all your GCSE subjects of 4+ and it is desirable to have achieved a grade 5 in English and a grade 5 Science. It is desirable but not essential to have studied Physical Education at GCSE.

### **YEAR 12 SUMMARY**

#### Unit H555/01 – Physiological Factors Affecting Performance:

**Anatomy and Physiology**

**Exercise Physiology**

**Biomechanics**

- 2 hour written exam
- 30% of the total Advanced GCE mark

#### Unit H555/02 – Psychological Factors Affecting Performance:

**Skill Acquisition**

**Sports Psychology**

- 1 hour written exam
- 20% of the total Advance GCE mark

#### Unit H555/03 – Socio-Cultural Issues in Physical Activity and Sport

**Sport and Society**

**Contemporary Issues**

- 1 hour written exam
- 20% of the total Advanced GCSE mark

#### Performance in Physical Education

**Performance or Coaching in a specialist activity**

**Evaluation and Analysis of Performance**

- Non-exam assessment (NEA)
- 30% of the total Advanced GCE mark

The course provides opportunities for developing a number of skills such as communication, problem solving, working with others and improving own learning and performance.

### **CAREER PROSPECTS**

Advanced Physical Education is a demanding course for students, encompassing many approaches to a wide range of issues relating to sport and physical activity. It is an ideal course in preparation for higher education and those who wish to be involved in the ever expanding sports, fitness and health industries.