



PHYSICAL EDUCATION (Sport Sciences)

Level: A level **Specification:** OCR **Course Code:** H555 www.ocr.org.uk

COURSE AIMS

- To enable candidates to maintain and develop their involvement and effectiveness in physical activity.
- Enable candidates to experience and develop knowledge of the psychological, sociological, biomechanical and physiological components of sport, leisure and physical education.

QUALIFICATIONS, QUALITIES, EXPERIENCE DESIRABLE

Students must have a genuine interest in sport as a science. Students must recognise and be able to cope with, the much greater theoretical element of this course as compared to GCSE.

COURSE CONTENT & ASSESSMENT

		Assessment	Weighting
Theory	Applied anatomy and Physiology, Exercise Physiology, Biomechanics	2hr written paper 90 marks / 30%	70%
	Sports Psychology and Acquisition of Skill	1hr written paper 60 marks / 20%	
	Socio-Cultural and Contemporary issues in Sport	1hr written paper 60 marks / 20%	
Practical	Practical Performance / Coaching in one sporting activity	30 marks / 15%	30%
	Evaluation and Analysis of Performance Improvement	30 marks / 15%	

TEACHING & LEARNING METHODS

This course is delivered through the application theory with the application of theory in the some practical sessions. Each unit is delivered in a linear fashion. You are expected to develop analytical skills and to be able to apply theoretical knowledge in both written and verbal situations.

HOMEWORK

You are expected to spend the equivalent time on homework as you spend in lessons. This will include past paper questions, essay writing, practical exercises and note taking.

COMPLEMENTARY SUBJECTS

There are some crossovers with the Biology syllabus, and the skills required to be successful in subjects such as History and English will certainly be of benefit in the contemporary studies and historical elements of the course.

KEY FEATURES

Development of applied knowledge in the three main areas of:

1. Applied Anatomy and Physiology, Exercise Physiology and Biomechanics
2. Psychology of Sports Performance and Skill Acquisition
3. Socio-cultural and Contemporary issues in Sport

A thorough understanding of one sport and the ability, not only to develop skills and perform to a high standard, but also to be able to talk in depth about one of these chosen sports. Pupils will be expected to complete the practically assessed elements of the course outside of lesson time.