



HECKMONDWIKE
GRAMMAR SIXTH FORM

Physical Education

Exam Board: OCR

The course provides students with an in-depth understanding of all aspects of sports performance and physical education such as anatomy, exercise physiology, injury rehabilitation, training, diet/nutrition, performance enhancement, analysis of performance, biomechanics, sports psychology, socio cultural and historical aspects.

Physical Education

Career Opportunities

Sports scientists are involved in all aspects of sports performance from grass roots to elite level. Students may also go on to complete further studies in medical fields such as physiotherapy, sports therapy and dentistry. The course also prepares students for Physical Education teaching at a primary and secondary level. Opportunities exist for work with professional teams, organisations and athletes in a range of sports.

Course Content

YEAR 12

Anatomy

- Skeletal, muscular, cardiovascular, respiratory systems
- Muscle fibre types.

Biomechanics

- Newtons laws of motion
- Movement analysis.

Skill acquisition

- Classification of skills
- Transfer/feedback
- Motor programmes
- Theories of learning
- Memory models
- Types of guidance
- Types of practice.

Socio-cultural

- Sport in society
- Historical development of sport
- Case studies of cricket, athletics football and tennis
- Pre and post-industrial development of Sport in Britain
- Public schools.

Course Content

YEAR 13

Exercise Physiology

- Energy systems
- Ergogenic aids
- Principles of training
- Environmental effects on the body
- Diet and nutrition
- Injury prevention and rehabilitation.

Biomechanics

- Lever systems
- Motion and movement.

Sports Psychology

- Personality
- Attitudes
- Group dynamics
- Leadership in sport
- Anxiety, motivation, aggression, arousal, social facilitation
- Stress management
- Goal setting.

Socio-cultural

- Modern Olympics
- Ethics and deviance in sport
- Violence in sport
- Drug use, match fixing
- Commercialisation and media
- Sporting excellence
- Modern technology.

Assessment

Paper 1

2hr written exam

90 marks (30% of total A level)

Paper 2

1hr written exam

60 marks (20% of total A level)

Paper 3

1hr written exam

90 marks (20% of total A level)

Performance

OR Coaching in One Activity

30 marks (15% of total A level)

Evaluation and Analysis for Improvement

30 marks (15% of total A level)