



*Settle College*  
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# A-Level Physical Education



OCR  
2022 – 2023



## Introduction

Welcome to A-Level Physical Education! The course is described below. You will cover all options in Section A and B plus you will have a Practical assessment. With the practical unit you will have a verbal assessment which involves analysing a performer on the spot and providing advice on how to improve. You will be expected to take part in a large amount of extra-curricular activity, in and out of school plus maintaining a good level of fitness throughout your course. Your theory content will be assessed in an exam.

## Theory

H555: *Physical Education*

Content Overview	Assessment Overview	
<ul style="list-style-type: none"><li>Applied anatomy and physiology</li><li>Exercise physiology</li><li>Biomechanics</li></ul>	<p>Physiological factors affecting performance (01)* 90 marks 2 hour written paper</p>	<p><b>30%</b> of total A level</p>
<ul style="list-style-type: none"><li>Skill acquisition</li><li>Sports psychology</li></ul>	<p>Psychological factors affecting performance (02)* 60 marks 1 hour written paper</p>	<p><b>20%</b> Of total A level</p>
<ul style="list-style-type: none"><li>Sport and society</li><li>Contemporary issues in physical activity and sport</li></ul>	<p>Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour written paper</p>	<p><b>20%</b> of total A level</p>
<ul style="list-style-type: none"><li>Performance or Coaching</li><li>Evaluation and Analysis of Performance for Improvement (EAPI)</li></ul>	<p>Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)</p>	<p><b>30%</b> of total A level</p>



## **Content outlined**

### **(01) Physiological factors affecting performance**

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

### **(02) Psychological factors affecting performance**

- Skill acquisition
- Sports psychology

### **(03) Socio-cultural issues in physical activity and sport**

- Sport and society
- Contemporary issues in physical activity and sport

### **(04) Performance in physical education**

- Performance or Coaching
- Evaluation and Analysis of Performance for Improvement (EAPI)

## **Practical performances**

Learners can be assessed in the role of performer or coach in one activity.

Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

## **The Evaluation and Analysis of Performance for Improvement (EAPI)**

In addition to a practical performance, learners will be assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). Learners will observe a live or recorded performance by a peer in either their own assessed performance activity or another activity from the approved list. Through observation, learners will provide an oral response analysing and critically evaluating their peers' performance.

Synoptic assessment is the learners understanding of the connections between different elements of the subject. It involves the explicit drawing together of knowledge, skills and understanding within different parts of the A level course.



### **Section (01)**

*You will develop your knowledge and understanding of the roles of the skeletal and muscular systems in the performance of movement skills in physical activities and sport.*

*Knowledge and understanding of the skeletal system is required and should include the structure and functions of bones, joints and connective tissues.*

*Knowledge and understanding of planes of movement, the roles of muscles and types of contraction will be developed*

*You will also be able to analyse movement in physical activity and sport applying the underlying knowledge of muscular contraction.*

### **Summer task:**

Research the following functional roles of muscles giving specific examples

- Agonist
- Antagonist
- Fixator

Research the following types of contraction and give sporting examples of when they may be used:

- Isotonic
- Concentric
- Eccentric
- Isometric





## **Section (02)**

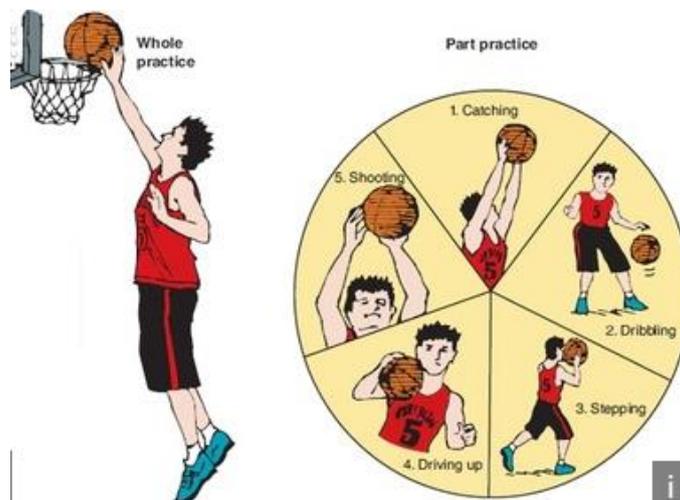
*This component focuses on the psychological factors affecting physical activities and sports. This includes models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. It also includes psychological factors affecting group dynamics and the effects of leadership and stress on performers.*

*Through the study of this component, you will gain a deeper understanding of the underlying psychological factors that influence our performance in physical activity and sport. You will learn how to apply the theories to practical examples, giving guidance and feedback in constructive ways that are suited to that individual's personality; therefore assisting in developing practical performance in physical activities and sports.*

### **Summer task:**

Research each of the following characteristics of 3 types of practice with a specific sporting example for each:

- Part practice
- Whole practice
- Whole/part-whole practice





### **Section (03)**

*This component focuses on the sociological and contemporary issues that influence and affect physical activity and sport for both the audience and the performer and how sport affects society.*

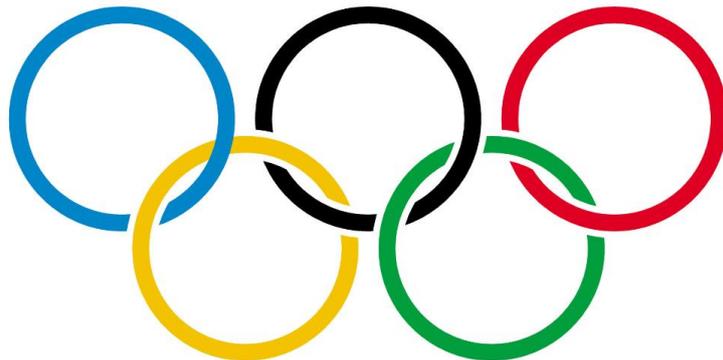
*It includes the emergence and evolution of modern sport and how social and cultural factors shaped the characteristics of sports and pastimes in pre-industrial and post-industrial Britain.*

*The impact of the modern Olympic Games will be understood as well as the impact on society of hosting global sporting events. The ever-evolving modern technology and its influence on sport performers and spectators will be understood and practical examples will be used to show the effect of modern technology*

### **Summer Task:**

Research one of the following historical Olympic Games listed below and the political exploitation that surrounded them;

- Berlin 1936, Third Reich Ideology
- Mexico City 1968 'Black Power' demonstration
- Munich 1972 Palestinian terrorism
- Moscow 1980 boycott lead by USA
- Los Angeles 1984 boycott by Soviet Union



### **Practical**

Unit G452: *Acquiring, developing and evaluating practical skills in Physical Education.*

This section will be introduced to you and explained when you have started your course.