

OCR AS Level Physical Education: H155

AS Physical Education: Subject Content

Component 1: Physiological Factors Affecting Performance

This group of topics focuses on key systems of the human body involved in movement and physical activity. Candidates will develop their knowledge and understanding of the changes within these body systems prior to exercise, during exercise of differing intensities, and during recovery.

Application of this theoretical knowledge will enable candidates to understand how changes in physiological states can influence performance in physical activities and sport. Candidates will be expected to be able to interpret data and graphs relating to changes in these body systems during exercise of differing intensities and during recovery.

Component 2: Psychological and Socio-cultural Themes in PE

This component focuses on the psychological factors affecting physical activities and sports, including: 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; group dynamics and goal setting.

Through the study of this component, candidates will gain a deeper understanding of the underlying psychological factors that influence our performance in physical activity and sport. They 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.

This component focuses on the sociological and contemporary factors 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.

Component 3: Socio-cultural and Contemporary Issues

This component focuses on the sociological and contemporary factors 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 by candidates to show the effect of modern technology.

Component 4: Performance within Physical Education

Learners will be required to undertake two parts within this component.

Part 1: Performance/coaching of a sport or activity from the approved DfE list.

Part 2: The Evaluation and Analysis of Performance for Improvement (EAPI) of a sport or activity from the approved DfE list. This does not have to be the same sport or activity that was undertaken in part 1, although it can be.

Learners will identify and justify the major area of weakness within the performance to prioritise for improvement and will propose a long term (2-3 months) development plan to improve the area of performance identified.

This component is assessed via NEA.

AS Level Physical Education: How it's assessed

The AS Level Physical Education specification content is divided into three components. Each component is further sub divided into topic areas and the detailed content associated with those topics. This specification is designed to be co-teachable with the stand-alone A Level in Physical Education.

Components 1 and 2 are assessed via written examination papers. Component 3 is NEA, and is internally assessed, externally moderated.

The written papers are designed in manageable bite-size chunks rather than massively long papers, thus aiding your candidates' revision.

What's assessed?

Component 1: Physiological Factors Affecting Performance

Anatomy and Physiology

Exercise Physiology

Biomechanics

How it's assessed?

- Written exam – 1 hour 15 minutes
- 35% AS Level

Section A

- 3 x 20 mark questions
- 1 question per topic – the 20 marks will be broken down into part questions

Section B

- 1 x 10 mark extended response 'synoptic' question which links two or more topics

What's assessed?

Component 2: Psychological and Socio-cultural Themes in PE

Skill Acquisition

Sports Psychology

Sport and Society

How it's assessed?

- Written exam – 1 hour 15 minutes
- 35% AS Level

Section A

- 3 x 20 mark questions
- 1 question per topic – the 20 marks will be broken down into part questions

Section B

- 1 x 10 mark extended response 'synoptic' question which links two or more topics

What's assessed?

Component 3: Socio-cultural and Contemporary Issues

1. Performance or coaching practical
2. EAPI

How it's assessed?

- NEA, internally assessed, externally moderated.
- 30% AS Level

A Level Physical Education

A Level Physical Education: How it's assessed

The A Level Physical Education specification content is divided into four components. Each component is further sub-divided into topic areas and the detailed content associated with those topics. This specification is designed to be co-teachable with the stand-alone AS in Physical Education. The first part of each topic area corresponds to the content contained within the AS Level specification.

Components 1-3 are assessed via written examination papers. Component 4 is NEA, and is internally assessed, externally moderated.

The written papers are designed in manageable bite-size chunks rather than massively long papers, thus aiding your teaching and your candidates' revision.

What's assessed?

Component 1: Physiological Factors Affecting Performance

Anatomy and Physiology

Exercise Physiology

Biomechanics

How it's assessed

- Written exam – 2hours
- 30% A Level

Section A

- 10 marks, short answer questions on any topic

Section B

- 3 x 20 mark questions
- 1 question per topic – the 20 marks will be broken down into part questions

Section C

- 1 x 20 mark extended response 'synoptic' question which links two or more topics

What's assessed?

Component 2: Psychological Factors Affecting Performance

Skill Acquisition

Sports Psychology

How it's assessed

- Written exam – 1 hour
- 20% A Level

Section A

- 10 marks, short answer questions on any topic

Section B

- 2 x 20 mark questions
- 1 question per topic – the 20 marks will be broken down into part questions

Section C

- 1 x 10 mark extended response 'synoptic' question which links two or more topics

What's assessed?

Component 3: Socio-cultural and Contemporary Issues

Sport, society and technological influences

How it's assessed

- Written exam – 1 hour
- 20% A Level

Section A

- 10 marks, short answer questions on any topic

Section B

- 2 x 20 mark questions on any part of this component
- The 20 marks will be broken down into part questions

Section C

- 1 x 10 mark extended response 'synoptic' question which links two or more topics

What's assessed?

Component 4: Performance within Physical Education

1. Performance or coaching practical
2. EAPI

How it's assessed

- NEA, internally assessed, externally moderated.
- 30% A Level