

PHYSICAL EDUCATION (OCR: A-Level H554)

Why study A-Level Physical Education?

Studying A-Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, but you will also develop a wide-ranging knowledge into the 'how and why' of physical activity and sport. This combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study gain the knowledge to improve your performance or coaching, and that of others, through application of the theory.

Physical Education is studied through a range of different contexts and the impact it has on both ours and others' everyday lives becomes clear. You will learn the reasons why we do things, why some people outperform others – mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having on physical activity and sport. Students will have the opportunity to develop skills for a modern world. Progress through the course encourages a wide-ranging set of key skills, including communication using appropriate language, dealing with pressure, split-second decision making, interpreting and analysing data, as well as analysing and evaluating performance so improvements can be made. The development of strong literacy and numeracy skills is also encouraged. The acquisition of such a diverse range of skills is of great benefit to students as they continue their education or transfer into their professional career.

What you need

Students considering the course would benefit from having a good scientific knowledge, particularly in Biology; a genuine enthusiasm for sport and a good command of written English are essential. Students also require a practical sporting background alongside a willingness to work hard with motivation and self-discipline. A-Level Physical Education is accepted as a scientific A-Level at most Universities, both in the United Kingdom and abroad. It is a useful subject to take if pupils are considering a degree level course in Sports Science, Management, Physiotherapy, Marketing and Events, Sociology, Psychology, Nursing or Medicine.

The ability to offer one sporting activity to a high standard is required. Students would be expected to be actively and competitively engaged in this activity throughout their A-Level studies. A full list of available activities can be found here:

<http://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment.pdf>.



WHERE NEXT?

Chrissy Horn

Liberal Arts with Hockey Scholarship at Old Dominion University, USA

Studied Physical Education, Business and Religious Studies