



# PHYSICAL EDUCATION

**Exam Board:** OCR

**Curriculum Leader:** Rob Fretwell

✉ [rfretwell@heanorgate.derbyshire.sch.uk](mailto:rfretwell@heanorgate.derbyshire.sch.uk)

📱 Subject Twitter: [@PeHGSC](https://twitter.com/PeHGSC)

## UNITS:

- Anatomy & Physiology
- Sport Psychology
- Practical Performance or Coaching
- Contemporary issues in sport

## SUBJECT SPECIFIC ENTRY CRITERIA:

5 GCSE grades 9-5, including English and Mathematics, and grade 5 in GCSE PE (if studied) or grade 5-5 in GCSE Combined Science. Must compete or coach regularly in at least 1 sport at club level.

## KEY INFORMATION:

A Level physical education is a practical and engaging course which will prepare learners for the further study of Physical Education or sports science courses as well as other related subject areas such as psychology, sociology and biology. Our learners develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance. They understand how physiological and psychological states affect performance and learn the key socio-cultural factors that influence people's involvement in physical activity and sport. A Level Physical Education is an academic course and is recognised by all of the top universities in the country. This course is perfect for those who have studied GCSE PE at KS4.



## POSSIBLE CAREER PATHS:

- ➔ Professional coach, teacher or athlete
- ➔ Sport Psychologist
- ➔ Physiotherapist



*"In PE you learn skills that you'll use throughout your whole life"* – Oliver Swinson 2019