



Physical Education

Key Stage 5 – A Level - OCR

Physiological Factors Affecting Performance	Psychological Factors Affecting Performance	Socio-Cultural Issues in Physical Activity and Sport
<ul style="list-style-type: none"> • Applied anatomy and physiology • Exercise physiology • Biomechanics 	<ul style="list-style-type: none"> • Skill acquisition • Sports psychology 	<ul style="list-style-type: none"> • Sport and Society • Contemporary issues in physical activity and sport
Practical Performance	Evaluating and Analysing Performance for Improvement	
<ul style="list-style-type: none"> • Performance or coaching of one activity taken from the approved list. 	<ul style="list-style-type: none"> • This component requires learners to draw upon knowledge, understanding and skills learnt throughout their course of study. This will allow them to analyse and evaluate a peer’s performance. • The activity which is analysed and evaluated must be taken from the approved list. Candidates do not need to have performed or coached in this activity 	