

OCR A Level Physical Education - H155, H555

Please find link to more information [here](#)

Assessment overview

Component	Marks	Duration	Weighting	
Physical factors affecting performance (01)	90	2 hours	30%	
Psychological issues affecting performance (02)	60	1 hour	20%	
Socio-cultural issues in physical activity and sport (03)	60	1 hour	20%	
Performance in physical education (04)	60*	-	30%	Non-exam assessment

* Examination is weighted up to 90 marks to equal the total marks combined for the two tasks.

All components include synoptic assessment.

Students who are retaking a qualification may carry forward their result for the non-exam assessment component.

Students must complete all components (01, 02, 03 and 04) to be awarded the OCR A Level in Physical Education.

Content overview

Component 01: Physical factors affecting performance

Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.

There are three topics:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics.

Component 02: Psychological factors affecting performance

Students study the 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. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress.

There are two topics:

- Skill acquisition
- Sports psychology.

Component 03: Socio-cultural issues in physical activity and sport

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport.

There are two topics:

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

Component 04: Performance in physical education

Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance.