

PHYSICAL EDUCATION

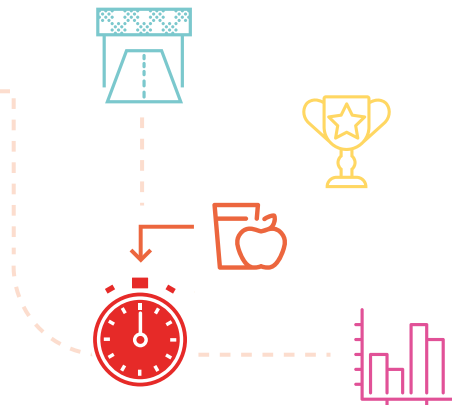
COURSE GUIDE 2018

Champions keep playing
until they get it right.

BILLY JEAN KING

Physical Education

Linear A Level
Exam Board: OCR



OUR STUDENTS SAY...

I enjoy having control over my own learning in PE at Carmel and completing independent study and research.

In A Level PE we study different topics in different lessons each week which keeps me interested and challenged. We study Physiological and Psychological factors affecting performance and socio-cultural issues in physical activity and sport. My favourite area is Physiology as I enjoy learning about the different body systems and the effect exercise has on the human body. We are regularly assessed in lessons and I find this helps me to highlight areas I need to study further or require support with.

For my practical assessment I filmed myself competing in gymnastics. I have been a member at my current club (St Helens Gymnastics Academy) for 10 years. The Performance element makes up 30% of my final marks so will support me in achieving the A/A* grade I am hoping for. I am aiming to study Sports Science at Loughborough University and later pursue a career in sport.

Sophie Wall St Cuthbert's
Studying - Physical Education, Chemistry, Maths



What will I study?

Throughout the course you will develop your knowledge and understanding relating to scientific, socio-cultural and practical aspects of PE. This will include understanding the physiological and psychological states that affect performance, the role of technology in contemporary sport and the socio cultural factors that influence people's involvement in physical activity and sport.

The **physiological element** of the course involves investigation into anatomy and physiology, how the body responds to a range of physical activities, exercise physiology and the application of biomechanics in sport. During your physiology lessons you will be involved in practical workshops in college and study in world-class sports science labs. **This makes up 30% of your total marks and culminates in a 2 hour written exam.**

The **psychological area** of the course investigates how performers learn skills in sport and takes an in-depth look into sports psychology. This looks at the role psychology plays in preparing athletes mentally for the demands of sport. You will hear from experts in the field of sports psychology, who will deepen your understanding of the theoretical content. **This makes up 20% of your total marks and culminates in a 1 hour written exam.**

Socio-cultural studies examines issues in physical activity and modern day sport. You will study values in sport and consider ethical issues in sport related to the use of drugs and violence. Lessons will involve individual research, discussions and group work. **This makes up 20% of your total marks and culminates in a 1 hour written exam.**

The **performance element of your course comprises of 30% of the overall marks.** This includes practical assessment of your skills and overall effectiveness in your chosen sport as a performer or coach and an Evaluation and Analysis of Performance for Improvement (EAPI).

How will I study?

The PE course promotes independent learning and encourages you to take ownership over your own learning and progress, and develop study and employability skills that will support you throughout your course and future work and studies.

You will complete initial research and create revision resources at the end of topics. You will undertake regular assessments, which will be rigorously tracked throughout the duration of your course.

Within lessons the PE department utilise class booklets, videos, group work, practical activities, social media and a range of quizzes and innovative approaches to maximise your motivation and engagement.

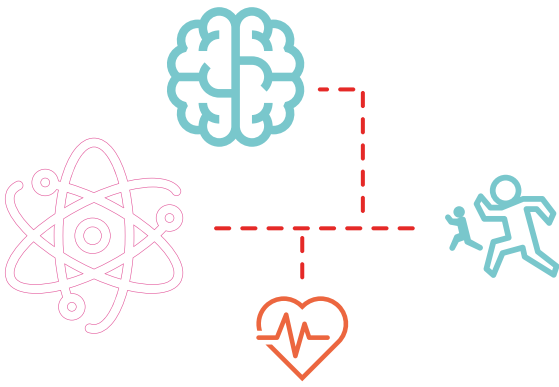
Stretch and Challenge is embedded into the PE Programme to extend high achievers, who will be involved in additional tutorial sessions, engage in wider reading and complete additional assessments to ensure learners potential is realised.



Girls' Football Team 2016/17



Boys' Football Team 2016/17



Facilities

The department is equipped with all the facilities required to deliver a high quality PE course. This includes 3G pitches, outdoor playing fields, sports hall and a state of the art fitness suite.

The department also works closely with local universities to provide students with access to world-class sports science laboratories.

OUR STUDENTS SAY...

I enjoy the independent vibe of Carmel College which allows you to make your own choices and take responsibility for your own learning.

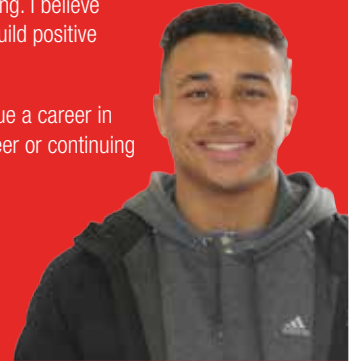
I enjoy studying PE in particular as the course is varied. I am learning about the physiological, psychological and socio-cultural areas of sport, which are covered and investigated in interesting ways within lessons. I believe the course to be challenging yet exciting.

Alongside my studies, I play for the college football team who are currently top of the league. I enjoy taking part in this activity because it gives me a mental break from my studies and I receive high quality coaching. I believe that involvement in sports teams has helped to build positive relationships with staff and my peers.

After completing my studies I am looking to pursue a career in the sports industry, whether that is a playing career or continuing my studies into sport at university.

Rio Gill

Wade Deacon High School
Studying - Physical Education, Business Studies,
History



How will I be assessed?

Any good sports performer needs to constantly test themselves and reflect upon performance in order to improve their overall effectiveness. Similarly, any good student needs the same rigorous approach to ensure constant improvement is made. In light of this, assessment is an important part of your studies in PE. You will undergo regular assessment in lessons through the use of questioning, the completion of quizzes and past exam questions as well as online assessments.

Assessment is done in a supportive environment and involves peer and self-assessment to facilitate teacher assessment and improve your knowledge of the exam.

At the end of your course you will complete three examinations, which make up 70% of your overall mark. The remaining 30% of your marks come from your practical assessment.

Practical assessments will be conducted in lessons and in planned moderations. You will also be required to provide video evidence of your sports performance and complete a competition log. Regular involvement in competitive sport is an essential part of the A Level PE course.

Where does this course lead?

Supporting over 450,000 jobs in the UK, sport is a £20bn industry and this fast growing sector now ranks among the top 15 mainstream activities in the economy.

The huge amounts of money in UK sport means that there are more jobs to pursue than ever before.

Students can go on to work at the cutting edge of elite sport, supporting top athletes as sports scientists, sports psychologists, strength and conditioning coaches, sports therapists, coaches and in many other roles. Alternatively, students may opt to pursue a career in teaching, community coaching or working within the health sector. Opportunities in sport today are exciting and vast.

Approximately half of our PE students go on to study a sport related degree at university. Courses including PE, Sport Science, Sports Coaching and Development and Physiotherapy have been popular amongst our learners. In recent years we have seen a number of our students go on to study Sport

at some of the most prestigious sporting universities in England including; Loughborough, Northumbria, Liverpool John Moores, Edge Hill and Leeds Beckett Universities. The remaining 50% of students have used their A Level in PE to go on to study other degree courses spanning as wide a field as Medicine and Accountancy.

How will I enrich my studies?

All sport students are encouraged to get involved with the college Enrichment Programme and in particular, the sporting opportunities on offer. Activities available range from the more recreational five-a-side football, table tennis, dodgeball and badminton sessions, to the competitive fixtures in rugby, football, basketball and netball. The department also runs an annual ski trip and organises a number of charity events. Involvement in these activities will be incredibly rewarding and enjoyable.

Students will also be provided with opportunities to meet with industry experts in the fields of sports science, sports psychology, physiotherapy and many more. Opportunities to attend university workshops and complete sports leadership and first aid awards are also available when studying PE.





OUR STUDENTS SAY ...

In my PE lessons I enjoy the relaxed and fun atmosphere. I believe this environment and the level of support available makes all our PE lessons enjoyable and ensures we are engaged and motivated.

The Physiology area the course is particularly interesting to me as I enjoy learning about the body's response to exercise and applying this to my training for athletics.

During the year we have had the opportunity to meet with industry experts and university lecturers to help us gain an insight into future careers in sport. We have also been provided with opportunities to attend university workshops. We visited Hope University's Sports Science department, where we completed a range of physiological tests, bringing our studies to life. I enjoyed the performance analysis area of the trip and the practical tests we completed. I am now hoping to study a PE related degree at university once I have completed my course.

Daniel Lamb
Hope Academy
Studying - Physical Education,
Mathematics, Physics



Frequently Asked Questions

What are the entry requirements for this course?

Grade 5 in GCSE PE or a **Merit in BTEC Sport** (if you have not studied these, you must be participating in a sport at club level) plus **GCSE grade 5 in Science** and **English Language** and **grade 4 in Mathematics**.

How good do I have to be practically?

To study A Level you are required to participate regularly in competitive sport for your chosen activity. You will need to maintain this involvement throughout the duration of your studies.

The range of activities has narrowed for the new specification but you can be assessed in individual activities such as gymnastics, contemporary dance, boxing or athletics, team sports including; handball, hockey, football, netball and rugby and a range of specialist activities including wheelchair basketball and boccia.

For a full list of approved activities visit the PE page of the college website: www.carmel.ac.uk

How successful are Carmel's students?

We are incredibly proud of the excellent grades achieved by our PE students. In 2017 90% achieved A*-C grades with 100% pass rate overall. Many of these students have now gone on to further their studies in Sport at university.

Annual Ski Trip

In February thirty seven students and four staff members departed Carmel in high spirits for the annual ski trip, bracing themselves for a week of exciting snow activities and of course ski lessons. The students had an amazing time. Next year's trip promises to be just as exciting and entertaining.



Meet the Tutors

Kate McDonnell
Head of Department

Jemma Garvin
PE Tutor

Jamie Hampson
PE Tutor

Lisa Wiswell
Sports Assistant

carmel
college

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More Information

For details of the course specification visit: www.ocr.org.uk

