

Gym



**EXAM BOARD**  
OCR

Imagine what you can become...

PE Teacher

Sports Psychologist

Physiotherapist

Sports Scientist

Community Coach

Sports Therapist

Strength and Conditioning Coach



Specification:  
**scan me!**



Find out more:  
**scan me!**

## ELITE ATHLETE SUPPORT PROGRAMME

This Programme helps national standard young athletes achieve their full sporting potential and academic success.

Competitive Matches



# A LEVEL PHYSICAL EDUCATION

- Understand the physiological and psychological states that affect performance
- Develop knowledge of the socio-cultural aspects that affect sport
- Includes competitive sports performance, and evaluation and analysis of performance
- Take part in practical workshops and gain insights from industry experts

## YOU WILL STUDY

- **Physiology:** Anatomy and physiology, exercise physiology, and biomechanical principles in sport
- **Sports Psychology:** How performers learn skills in sport / mental preparation for sport
- **Socio-cultural Studies:** Sport and society / contemporary issues in sport
- **Performance:** A practical assessment of your skills as a performer or coach
- **Evaluation and Analysis of Performance for Improvement:**  
A verbal assessment in your chosen sport

## YOU'LL LOVE...

Opportunities to take part in competitive sports teams and national competitions as well as access to high level coaching.



## ENRICHMENT

- Trips and visits to extend knowledge and experience of sport, including visits to Finch Farm, the National Football Museum, university visits, and more.
- Visiting speakers in from a range of careers from the sports industry, including people employed in the world of elite sport.
- Sports teams and PE / Sport internships which allow you to develop knowledge and skills beyond the specification in an area of sport that you are passionate about including, but not limited to, sports nutrition, sports science, and sports psychology.

## ASSESSMENT

- **Three examinations - 70%** (At the end of year two)
- **Practical Assessments - 15%** (You will be assessed in live moderations and use video evidence of your sports performance, alongside your competition log)  
**15% EAPI verbal examination**

Regular involvement in competitive sport is required to study A Level PE for one sport from the specification. For a full list of approved activities visit our website.

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[www.carmel.ac.uk](http://www.carmel.ac.uk)