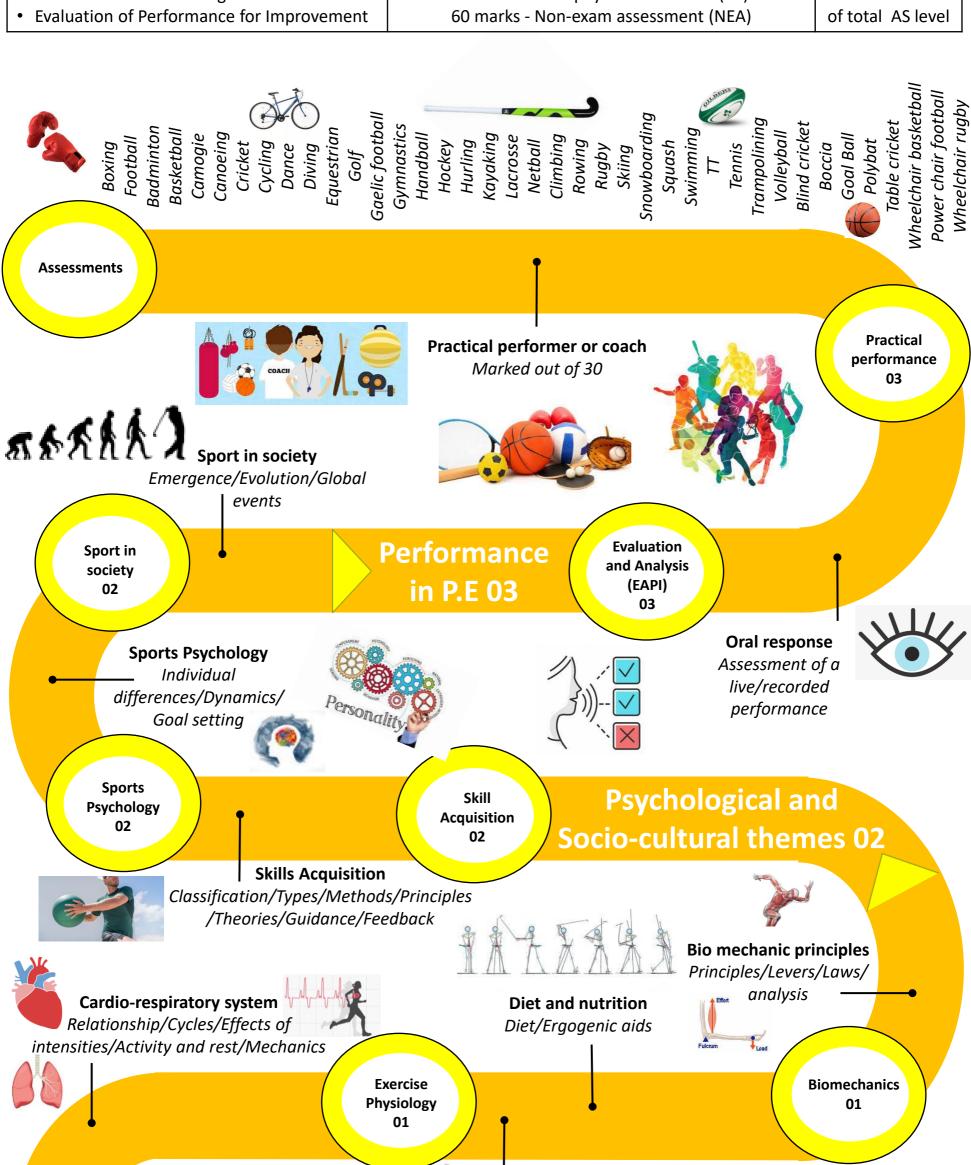


AS Physical Education - OCR

CONTENT	ASSESSMENT OVERVIEW	
 Applied Anatomy and physiology Exercise Physiology Biomechanics, including technology in sport 	Physiological factors affecting performance (01) 70 marks - 1 hour 15 min written paper	35% of total AS level
Skill AcquisitionSports PsychologySport and Society	Psychological and socio-cultural themes in physical education (02) 70 marks - 1 hour 15 min written paper	35% of total AS level
Performance or CoachingEvaluation of Performance for Improvement	Performance in physical education (03) 60 marks - Non-exam assessment (NEA)	30% of total AS level



Musculo-skeletal system

Joints/Movement/Muscles/ Functions/Roles/Analysis/Contractions Preparation and training methods for improving and maintaining performance

Types of training/Cycles/Impacts on lifestyle

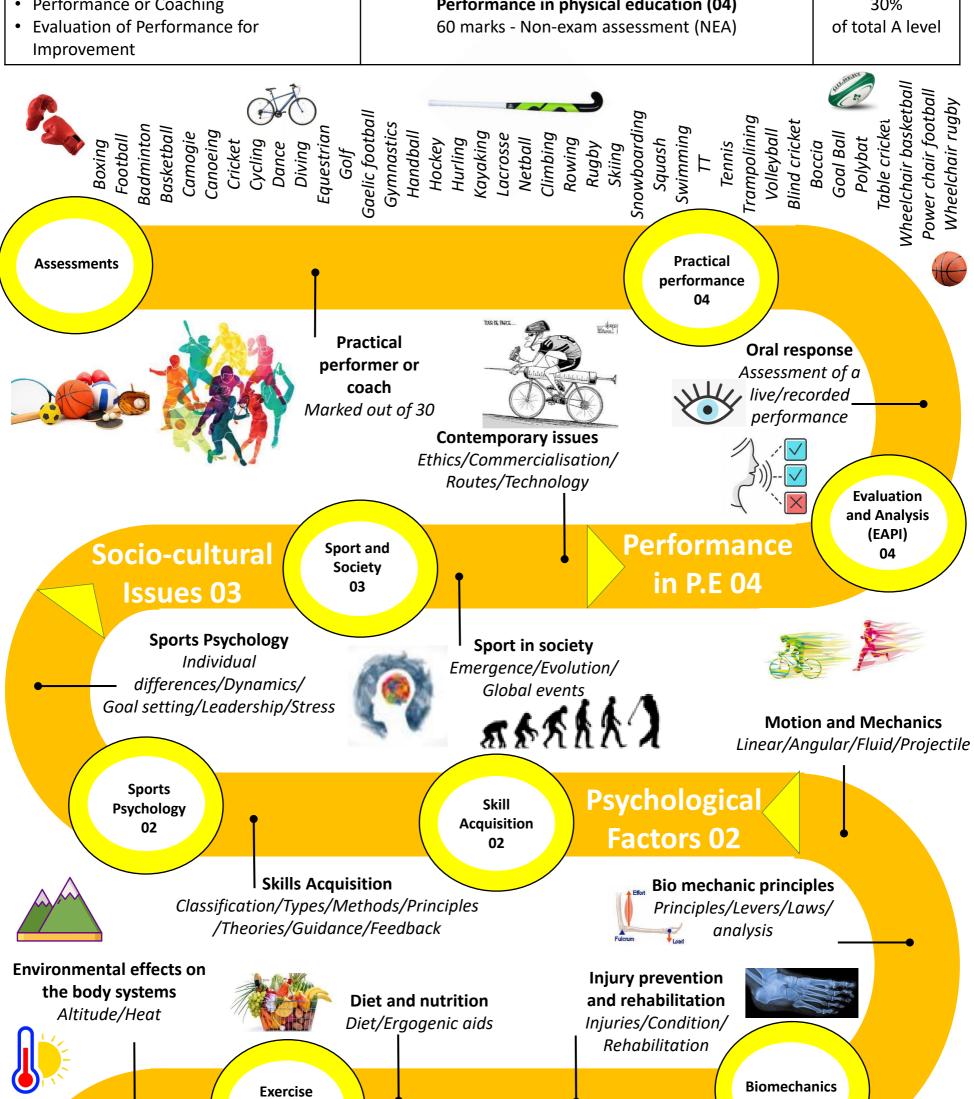
Applied Anatomy and Physiology 01

Physiology factors affecting performance 01



A Level Physical Education - OCR

CONTENT	ASSESSMENT OVERVIEW	
Applied Anatomy and PhysiologyExercise PhysiologyBiomechanics	Physiological factors affecting performance (01) 90 marks - 2 hour written paper	30% of total A level
Skill AcquisitionSports Psychology	Psychological factors affecting performance (02) 60 marks - 1 hour 15 min written paper	20% of total A level
Sport and SocietyContemporary issues	Socio-cultural issues I physical activity and sport (03) 60 marks – 1 hour written paper	20% of total A level
 Performance or Coaching Evaluation of Performance for Improvement 	Performance in physical education (04) 60 marks - Non-exam assessment (NEA)	30% of total A level



Energy for Exercise

ATP/ Energy

systems/recovery

Physiology 01

> **Cardio-respiratory system** Relationship/Cycles/Effects of

Preparation and training methods for improving and maintaining performance Types of training/Cycles/Impacts on

lifestyle

intensities/Activity and rest/Mechanics

Applied Anatomy and Physiology

01

Physiology factors 01

Musculo-skeletal system

Joints/Movement/Muscles/ Functions/Roles/Analysis/Contractions