

# OCR A-LEVEL

## Course Overview

### Paper 1: Physiological Factors Affecting Performance

#### What's Assessed:

- Applied Anatomy and Physiology (4 Topics)
- Exercise Physiology (3 Topics)
- Biomechanics (2 Topics)

#### How it's Assessed:

- Written Exam: 2 hrs
- 90 Marks
- 30% of A-level



### Paper 2: Factors Affecting Optimal Performance in Physical Activity and Sport

#### What's Assessed:

- Skill Acquisition (2 Topics)
- Sports Psychology (4 Topics)

### Paper 3: Socio-cultural Issues in Physical Activity and Sport

#### What's Assessed:

- Sport and Society (2 Topics)
- Contemporary Issues in Physical Activity and Sport (3 Topics)

#### How **each** is Assessed:

- Written Exam: 1hrs
- 60 Marks
- 20% of A-level



### Non-Exam Assessment 1: Practical Performances

#### What's Assessed:

- Core and advanced skills in performing OR coaching one activity

### Non-Exam Assessment 2: Evaluating and Analysing Performance for Improvement

#### What's Assessed:

- Analysis and evaluation of a peer's performance in one activity

#### How **each** is Assessed:

- Assessed by Teachers
- Moderated by OCR
- 35 Marks, weighted up to 45 Marks
- 15% of A-level

