

# Progression – A level PE

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# 1. Thinking of studying A Level PE at Worcester Sixth Form College?

We teach the **OCR** specification.

Here is a brief summary of the topics we cover over the two-year course. If you want to find out more about each of these topics, you can find the full specification on the website:

<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

## **Component 1 – Physiological Factors Affecting Performance**

Written examination: 2 hours

30% of qualification

This includes topics such as anatomy and physiology, exercise physiology and biomechanics

## **Component 2 – Psychological Factors Affecting Performance**

Written examination: 1 hours

20% of qualification

This component focuses on the psychological factors affecting physical activities and sport such as sports confidence, attribution, classification of skill and stages of learning.

## **Component 3 – Socio-cultural and Contemporary Issues**

Written examination: 1 hour

20 %

This includes Sport, society and technological influences

## **Component 4 – Performance within Physical Education**

30% of qualification

- 1) Performance or coaching practical
- 2) Evaluation and Analysis for Performance Improvement – Verbally Identifying weaknesses in practical performance and producing an action plan for improvement

## 2. How does A level PE prepare you for careers related to sport?

As well as being one of the top performing A level PE courses in the country, Worcester Sixth Form College has a fantastic record of previous students progressing into careers linked to sport. Examples of these include a qualified doctor, sports psychologists, physiotherapists, teachers, sports therapists, sports coaches, performance analysts, commercial managers, Forces officers and sports development officers.

Rather than picking random topics from the A level PE specification, we thought it would be way more insightful for you, as prospective students, to hear from three ex-students who currently have careers linked to sport. Firstly, this may inspire you to follow a similar career. In addition, you may pick up tips on university courses or subject combinations to study alongside A level PE. Finally, you will be able to hear how the content you learn in A level PE is actually used rather than just learnt for an exam!

Before moving on to subject specific tasks have a listen to the short videos below:



**Izzy Greaves**

Wasps Rugby Club

**Role** - Sports Therapist

**Video link**

<https://www.youtube.com/watch?v=0iyggodDUwU&t=7s>



**Lucy Berry**

National Health Service

**Role** - Physiotherapist

**Video links**

<https://www.youtube.com/watch?v=AtsjYlwiEsc&t=9s>

<https://www.youtube.com/watch?v=f6j8cMzsM1Y>



**Matt Sowden**

Lancashire Cricket Club

**Role** – Commercial Officer

**Video link**

<https://www.youtube.com/watch?v=EjU5iBaDqKw>



**Wes Davis**

Worcester Sixth Form

**Role** Head of Sport/PE teacher

**Video link**

<https://www.youtube.com/watch?v=McrfVjunYUo&t=71s>

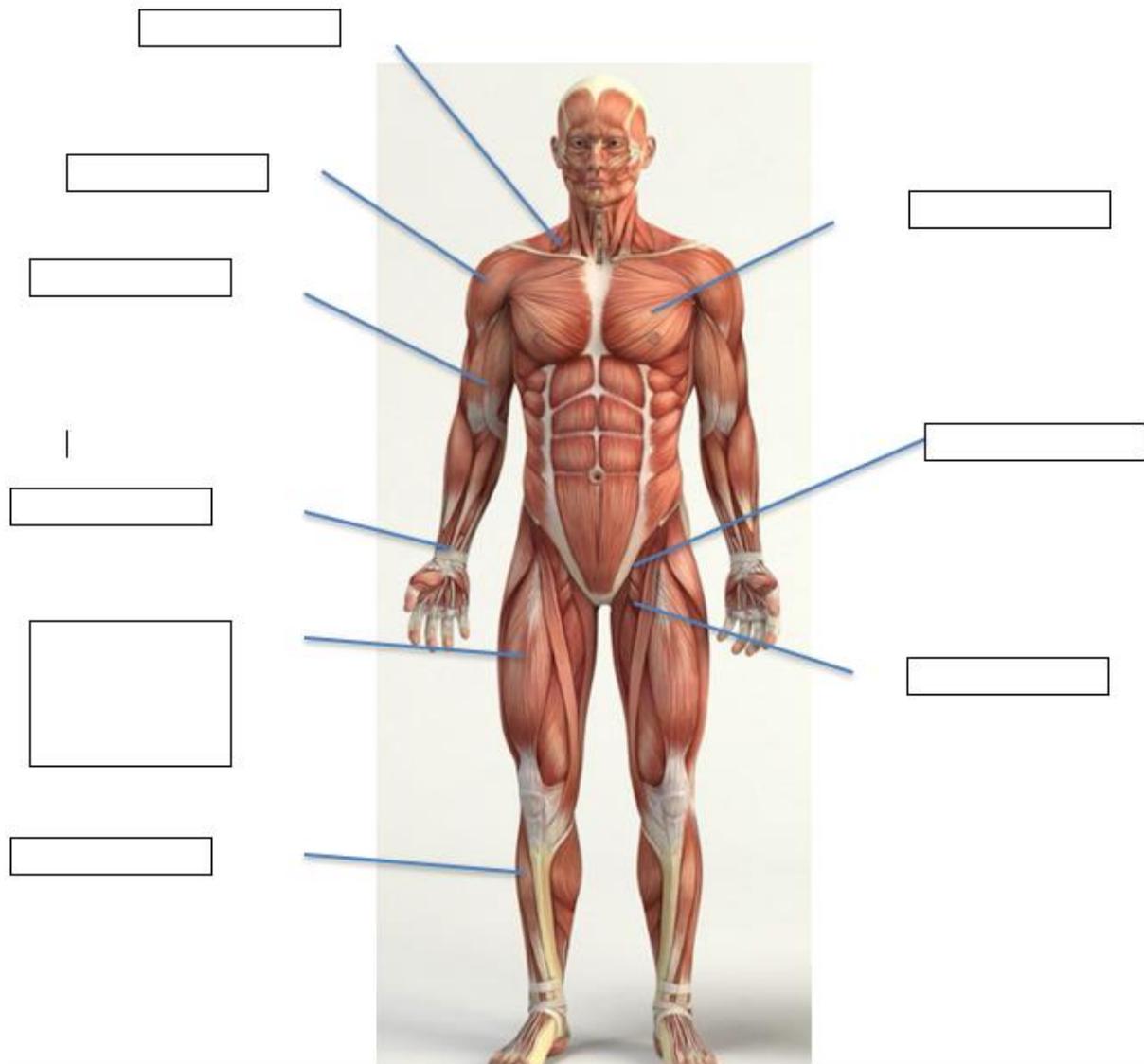
## 2. Physiology tasks - Part 1

### Task 1a - The Muscular System

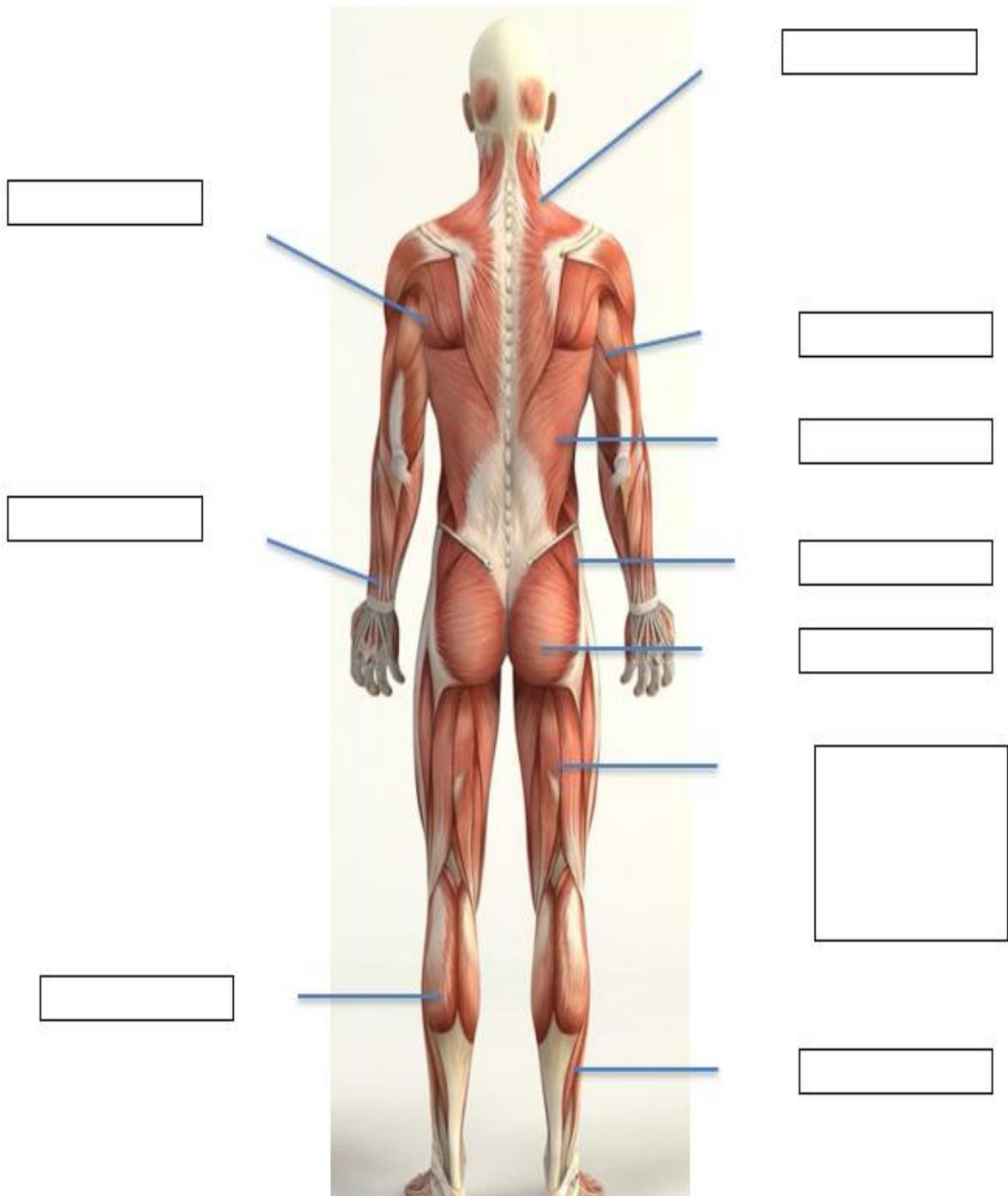
As Lucy Berry mentioned, 'physiology is the bread and butter' of physiotherapy. Furthermore, having a good understanding of the muscular system is vital for numerous careers in sport. Use the following you tube clip to fill in the muscles for the anterior (front) and posterior (back). Keep testing yourself on these by covering up the muscle names and answering the quiz questions.

<https://www.youtube.com/watch?v=NoHSGRvK3jg&feature=youtu.be>

Anterior view



Posterior view



### Task 1b

Fill in the blanks below by finding the correct muscle:

1. The **T**\_\_\_\_\_ **A**\_\_\_\_\_ muscle sits on the front of the tibia bone.
2. The **D**\_\_\_\_\_ muscle sits on either side of the shoulder
3. The main quadricep muscle is known as the **R**\_\_\_\_\_ **F**\_\_\_\_\_.
4. The **G**\_\_\_\_\_ muscle sits on the back on the tibia bone.
5. The **I**\_\_\_\_\_ muscle sits across the front of the hip joint causing hip flexion.
6. The **T**\_\_\_\_\_ muscle is a large triangular shaped muscle that sits on the upper portion of the back.
7. The **L**\_\_\_\_\_ **D**\_\_\_\_\_ muscle is a large muscle that sits on the outside, lower portion of the back.
8. The **G**\_\_\_\_\_ **M**\_\_\_\_\_ muscle is on the back of the hip and we use it to sit on.
9. The **P**\_\_\_\_\_ **M**\_\_\_\_\_ muscle sits on the chest.
10. The hamstring muscle group is known as the **B**\_\_\_\_\_ **F**\_\_\_\_\_.
11. Underneath the gastrocnemius muscle on the back of the tibia sits the **S**\_\_\_\_\_ muscle.
12. When returning a shot in tennis you would use the **W**\_\_\_\_\_ **F**\_\_\_\_\_ and the **W**\_\_\_\_\_ **E**\_\_\_\_\_ muscles.

### Task 1c

Define the following key terms linked to muscle contraction

Agonist  
Antagonist  
Concentric  
Eccentric  
Isometric

## Physiology tasks Part 2 - Practical Application of physiological knowledge

Working in the sports industry requires the ability to translate knowledge into practical application

### Practical Task

Complete the 1-minute press up test. This test measures how many press ups you can do in 1 minute. If you cannot do press ups the options are to complete them on your knees or get someone on your family to complete them.

Score ..... - Search on the internet 'normative score for one minute press up test' to see how you compare to people of your age/gender



This is the correct technique for a press up

### Application task 1

At the **elbow joint** during the **upward phase** of the press up movement consider the following:

Type of synovial joint at the elbow

Movement taking place

Agonist muscle

Muscle contraction at the agonist

Antagonist muscle

Muscle contraction at the antagonist

### **Application task 2**

When performing the one-minute press up test you will have noticed it was an extremely high intensity task that requires high levels of anaerobic energy. Use the you tube link below to explain how energy is produced for the one-minute press up test.

<https://www.youtube.com/watch?v=YyyFXewZPAI&t=211s>

### **Application task 3**

Careers involving treating sports injuries such as physiotherapy and sports therapy require an understanding of injury assessment. Lead soft tissue specialist at Wasps Rugby Club Izzy Greaves spoke about being on the touchline in front of a sell out crowd at Twickenham. When an injury occurred, it was vital that she thought clearly under pressure. Research the SALTAPS injury assessment process using the you tube clip below:

<https://www.youtube.com/watch?v=aMSpLIJwPjk>

### 3. Sports Psychology/Skill Acquisition tasks

**Task 1** – As a sports coach or PE teacher an understanding of the classification of skills is vital to aid the delivery of relevant practices. Explain each of the classifications of skill below providing a sporting example for each. Use the following you tube clip to help you do this:

<https://www.youtube.com/watch?v=D37Qlh-okDc&t=2s>

- Difficulty (simple/complex)
- Environmental influence (open/closed)
- Pacing (self-paced/externally paced)
- Muscular involvement (gross/fine)
- Continuity (discrete/serial/continuous)
- Organisation (low/high)

**Task 2 - Application task** – PE teacher Wes Davis spoke about the importance of learning theories in his day to day job. Your task is to create a passing drill from an invasion game of your choice (rugby, netball, football etc) using the learning theory 'operant conditioning'. You are required to describe each part of the theory alongside how it would apply to your passing drill. Use the you tube clip below to help you

<https://www.youtube.com/watch?v=9b-srH4geDk>

#### 4. Socio-cultural tasks

Commercial officer for Lancashire County Cricket Club Matt Sowden spoke about the need to understand the history of a sport before organising global events such as the world cup in cricket. The A level PE specification requires an understanding the history of sports such as football and cricket. In addition, an understanding of the development of the of the modern Olympics is also important.

**Task 1** - The Olympic Games has a rich history where athletes show sporting endeavour and physical prowess. Demonstrate your knowledge and understanding of the Modern Olympic Games by researching the background and aims of the Modern Olympics (who created the Modern Olympic Games and what was their influence?). Use the following you tube clip to help you out:

<https://www.youtube.com/watch?v=RBSeuuCT6qo&list=PL8etXef3Vnl4jmm8ilYP-IKfPWGAzY4UB&index=8&t=350s>

**Task 2** – Using the you tube clip below Write a short summary on how the following Olympic Games were exploited politically:

<https://www.youtube.com/watch?v=q0maddUguJc&t=17s>

- Berlin 1936 (Third Reich)
- Mexico City 1968 (Black Power demonstration)
- Munich1972 (Palestinian terrorism)

## 5. Sport on Television – Optional tasks

Engage with socio-cultural issues by watching the following fantastic programmes:

**Icarus.** 2017- A film around doping within sport and current issues surrounding the use of drugs within sport - **Netflix**

### **Watch out for:**

- Different performance enhancing drugs used
- Anti - doping procedures in Russia

### **This will help with:**

- Understanding of year 2 unit - Ethics and deviance

**The English game.** 2020 – A brilliant series looking at the development of professional football in the late 1800's **Netflix**

### **Watch out for:**

- The development of organised football in post 1850 Industrial Britain
- Factories and mills being the catalyst for professional football
- The difference between amateurs and professionals
- How the emergence of the railways let to a common rule book and teams travelling to play in the FA cup
- The role of ex public school boys in the development of football as we know it today

### **This will help with:**

- Understanding of year 1 unit - Emergence and evolution of sport