



A Level PE (OCR)

Why study this course?

- If you have a keen interest in sport and recreation
- If you want to know more about the body functions and the effects of exercise
- If you want to evaluate and improve your own sporting performance
- If you have an enquiring mind and are interested in the development of sport throughout the world
- If you want to move onto a sport related career or higher education

What can expect to study?

Throughout the two years, you will learn:

- Physiological factors affecting performance – applied anatomy and physiology, exercise physiology, and biomechanics
- Psychological factors affecting performance – skill acquisition, and sports psychology
- Socio-cultural issues in physical activity and sport – sport and society, and contemporary issues in physical activity and sport

How am I assessed?

- 70% examination
- 15% practical performance (1 sport)
- 15% controlled assessment

What do I need?

- At least a grade 4 in 5 GCSE's including 5 in English, Maths and a Science
- Preferably a grade 5 at GCSE PE or L2M in BTEC Sport (or any other equivalent)

What about the future?

- Students can apply to university or a higher education institution utilising this qualification, with many universities classing PE as a science
- Many students who study this course go on to careers such as physiotherapist, biomechanist, performance analyst, sports psychologist, and PE teacher

If you have any questions, please contact Miss Roach (Head of PE) by email;
l.roach@snacademy.org.uk



BTEC Level 3 National Extended Certificate in Sport (Pearson)

Why study this course?

- If you want to gain a deeper understanding of how the body functions and the effects of exercise
- If you want to understand how to improve health and fitness
- If you want to pursue a career in the sports industry
- If you would like to study a sport related course that does not require high level practical performance

What can expect to study?

Throughout the two years, you will learn:

- Anatomy and physiology
- Fitness training and programming for health, sport, and well-being
- Professional development in the sports Industry
- Application of fitness testing

How am I assessed?

- 65% examination – sat upon completion of studied units
- 35% coursework

What do I need?

- At least a grade 4 in 5 GCSE's including 5 in English and Maths

What about the future?

- Students can apply to university or a higher education institution from the UCAS points obtained through studying this course
- Many students who study this course go on to careers such as sports coach, personal trainer, leisure centre manager, and PE teacher

If you have any questions, please contact Miss Roach (Head of PE) by email;
l.roach@snacademy.org.uk