



PE

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