

GCSE PHYSICAL EDUCATION

This course is designed to increase the candidates awareness of both the practical and theoretical aspect of physical education, building on the work covered in Years 7 – 9.

Students will experience a range of practical activities before offering three different sports for assessment in the role of a player/performer.

Students will plan, perform and evaluate a personal exercise programme which will enhance their knowledge and understanding of the impact that exercise and physical activity has upon health and fitness.

The assessment of these practical activities will be 40% of the total mark.

The theoretical aspect of the course is 60% of the total mark and covers the factors affecting participation and performance under the following headings;

Fitness and Body Systems

- a. Applied anatomy and physiology (heart, respiratory system, skeleton, muscles)
- b. Movement analysis (lever systems, planes and axes of movement)
- c. Physical training (health and fitness, principles of training, warm up/cool down, etc)

Health and Performance

- a. Health, fitness and well being (diet, benefits of a healthy lifestyle)
- b. Sport Psychology (mental preparation for performance, skills classification, goal setting)
- c. Socio-cultural influences (media and commercialisation, various social groups and sport)

The theoretical element of the course is assessed by two written papers consisting of multiple choice, short answer and extended answer questions.

This is an enjoyable but physically demanding course which although not a pre-requisite for AS and A level Sports Studies will lead naturally on to this level of study.