

Title: **Sport Science**

For more information, please consult:

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Examination Board: **Edexcel**

Qualification: **GCSE Physical Education**

Grades: **1 – 9**

Introduction: Our Physical Education course, taught by Mrs Harrison and Mr Cooper in Year 9, followed by Mrs Harrison, Mrs Singleton, Mr Dodd, Miss Stanhope and Mr Reed in Years 10 and 11, has proven to be a very popular option in previous years. So why not take a look at the information below about why we think that selecting this course could be the right decision for you.

What will I study each year?

Y9

GCSE PE Short Course

Within this course you will study 2 components:

Component 1: Theory (60%)

Content overview

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Health, fitness and well-being
- Topic 4: Use of data

Component 2: Practical Performance (40%)

Content overview

- Skills during individual and team activities: 10 marks
- General performance skills: 25 marks

Y10

GCSE PE Full Course or OCR (teaching groups are placed in sets at this stage).

GCSE PE Full Course

Within this course you will study 3 components:

Component 1: Fitness and Body Systems

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Physical training
- Topic 4: Use of data

Component 2: Health and Performance

Content overview

- Topic 1: Health, fitness and well-being
- Topic 2: Sport psychology
- Topic 3: Socio-cultural influences
- Topic 4: Use of data

Y11

GCSE PE Full Course or OCR

GCSE PE Full Course continued . . .

Component 3: Practical Performance

- Skills during individual and team activities
- General performance skills

Component 4: Personal Exercise Programme (PEP)

Content overview

- Aim and planning analysis of your own 6-8 week Personal Exercise Programme
- Carrying out and monitoring the PEP
- Evaluation of the PEP

How will my work be assessed?

GCSE PE Short Course:

- 1 external theory exam at the end of Year 9 (60%)
- 1 external practical exam/moderation at the end of Year 9 (40%)

GCSE PE Full Course:

- 2 external theory exams at the end of Year 11 (60%)
- 1 external practical exam/moderation in Year 11 (March) (30%)
- 1 externally assessed controlled assessment (PEP) in Year 11 (February-March) (10%)

Why study Sport Science?

GCSE PE:

Studying GCSE Physical Education will open your eyes to the amazing world of sports performance. Not only will you have the chance to perform in three different sports through the non-exam assessment component, you will also develop wide ranging knowledge into the how and why of Physical activity and sport. The combination of the physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study learn how to improve your performance through application of the theory.

Extra-curriculum activities

- Trip to the Outdoor Education Centre, Skipton, Yorkshire for delivery of some of our practical assessments.

What would this subject enable me to do when I finish school?

- This path leads nicely into studying Sport Science at Sixth Form level, of which we offer here at Giles.
- Physical education lends itself to a range of careers in sports and fitness as well as other industries that you may not have considered before. For example, did you know that many nutritionists, physiotherapists and chiropractors have a degree in PE? Some careers that you could consider doing with PE include:
 - Sports scientist
 - PE teacher
 - Physiotherapist
 - Sports journalist
 - Sports coach/consultant
 - Sports policy at local and national level

- Nutritionist
- Personal trainer
- Sports medicine

How parents or other members of the public can find out more about the curriculum your subject is following

To view the Edexcel for GCSE PE website, please click on the following link:

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

