

## Sport/PE



## Career Options

Sports Science lecturer  
PE teacher  
Physiotherapist  
Sports official e.g referee  
Sports Coach  
Personal Trainer  
Dietician  
Leisure Centre Manager

## Subject Content

This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills.

Then course is broken down into three units, two of the internally assessed units worth 30% each and an external assessment worth 40% of the final grade. These units are assessed through a range of evidence including practical performance, controlled assessment coursework and examinations. A range of sports are covered including; Football, Badminton, Basketball, Trampolining, Rounders and Fitness.

This course covers a wide range of practical and theoretical knowledge and has close links with Science, Maths and ICT. Not only this but through the different units you will develop a range of key skills including communication, time management, teamwork, organisation, target setting and confidence.

## Assessment Information

The course is split into 3 units. 1 unit is the written exam of which you get 2 attempts. Attempt one in May of year 10 and attempt two in July of year 10. Whichever exam you score the highest on will be the mark you receive at the end. The other 2 units are coursework based where you will complete a combination of practical and theory assessments which will give you the final 60% of your overall mark.

### Year 10

**Component 1: Preparing Participants to Take Part in Sport and Physical Activity**

In this unit you will explore the different types and provision involved in sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

### Year 11

**Component 2: Taking Part and Improving Other Participants Sporting Performance**

You will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

**Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity** You will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

## Why Study...?

If you enjoy being active, want to increase your practical skills, leadership and fitness, sport is a great subject to study. This is a great course to lead onto a wide range of career areas. It has a high percentage of controlled assessment (60%) which means a lot of your final grade comes from work completed in the lesson either in the form of coursework or practical video evidence.

**Key Contact:** Sarah Barnes ([Barnes.S@Sandhillview.com](mailto:Barnes.S@Sandhillview.com))