

# Physical Education - GCSE

Number of Exams:

2

Controlled Assessments:

1

## What are the aims of this course?

GCSE Physical Education prepares you for progression to further study or the next step towards the world of work:

- you will have developed transferable skills, including numeracy, communication and an understanding of practical performances;
- you will have developed a mix of scientific and social knowledge putting you in an excellent position to access a wide range of sport and non-sport related courses;
- you will have knowledge, skills and understanding to prepare you for a career in this dynamic employment sector;
- you will have skills to take to a wider range of careers from management, public sector organisations, businesses and charities.

## What will I learn?

**You will learn about:**

- the diverse nature of sport;
- the link between physical activity and health;
- how athletes need to adapt physically and mentally to the changing sports environment;
- sporting success and failure;
- investigating the impact of technology and commercialism on participation and performance;
- how to refine and analyse your own performance;
- How to make decisions about what to do in your own fitness and training.

## Course Outline

Unit Titles	Content	% Unit is Worth
Component 1	You will learn about physiological and biomechanical workings of the body and explore how to apply this to your physical training.	36%
Component 2	You will develop knowledge about the link between health and performance and explore the contribution that physical activity and sport make to health, fitness and well-being.	24%
Component 3	You will develop your practical performance skills in three different physical activities.	30%
Component 4	You will complete a Personal Exercise Programme (PEP) in one of your chosen sports. You will develop your ability to analyse and evaluate your personal fitness to improve/optimize performance in physical activity and sport.	10%

## Progression and Career Opportunities

**Progression:**

A Levels in PE and Science but also provides transferrable skills for all subjects in further education.

**Career Opportunities:**

Careers are Medicine, Dentistry, Engineering, Veterinary Science, Physiotherapy and Sports Science are some examples for those who have studied A Level PE.

## Further Information

If you are interested in studying GCSE Physical Education you should start to find out more about the subject by:

- visiting the Edexcel website <http://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2016.html>;
- for more information about what you will be studying and how you will be assessed talking to the Head of PE at your school;
- looking at what is happening in the world of sport by watching the news and relevant TV programmes or visiting the sport sections of websites such as the BBC.

**For more information contact:**

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