

Physical Education

GCSE Physical Education and Sports Science



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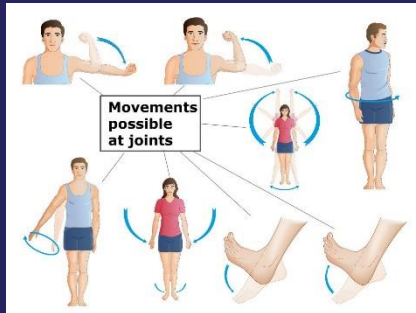
<p>Applied anatomy and physiology Physical training</p>	<p>Physical factors affecting performance (01) 60 marks 1 hour written paper</p>	<p>30% of total GCSE</p>
<p>Socio-cultural influences Sports psychology Health, fitness and well-being</p>	<p>Socio-cultural issues and sports psychology (02) 60 marks 1 hour written paper</p>	<p>30% of total GCSE</p>
<p>Practical activity assessment Evaluating and Analysing Performance (EAP)</p>	<p>Performance in physical education (03)* 80 marks non-exam assessment</p>	<p>40% of total GCSE</p>



Sports Science

Mandatory

R041: Reducing the risk of sports injuries



Students learn how to prepare participants to take part in physical activity so that they minimise the risk of injuries. They also learn how to respond to common sporting injuries and how to recognise the symptoms of some common medical conditions.

R042: Applying principles of training



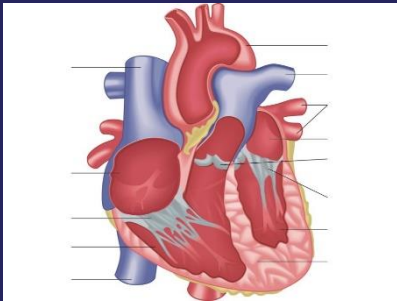
Students develop knowledge and understanding of the principles of training and how to keep performers in peak physical condition. They apply practical skills in fitness testing and in designing bespoke training programmes to suit individual requirements.

Optional



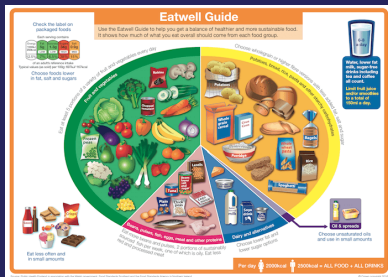
R043: The body's response to physical activity

Students explore how the body changes and responds to physical activity. They develop knowledge and understanding of the musculoskeletal and cardio-respiratory systems and some of the changes that occur in response to physical activity, both short term and long term.



R045: Sports nutrition

Students explore the role that diet plays in different sports and activities and the importance of a healthy, balanced diet that includes essential nutrients in the correct quantities. They use the knowledge they gain to produce an appropriate, effective diet plan for a performer.



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- With both courses you will be able to study
 - A 'Level Physical Education
 - BTEC Sport level 3
 - Cambridge Technical in Sport
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- Which will give you the opportunity to access Further Education or careers in Fitness, sport, leisure and business and the armed forces.

