

Name of course: GCSE PE

Examination board: Edexcel

Faculty Leader: Mr J Smith

Faculty Leader email: j.smith@decschool.co.uk

How the course is assessed:

40% practical performance (assessed in 3 sports: 1 Individual, 1 Team and then optional 3rd choice)

10% coursework (Personal Exercise Programme – involving planning, conducting & evaluating)

60% written exam (Component 1: Fitness & Body Systems is a 90 mark exam worth 36%; Component 2: Health and Performance is a 70 mark exam worth 24%)

Outline of course:

- You will look at the factors underpinning physical activity and sport performance.
- You will investigate applied anatomy and physiology, movement analysis and physical training so that you can use this knowledge to analyse and evaluate performance and devise informed strategies for improving and optimising your own practical performance.
- You will develop your knowledge of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance.
- You will be introduced to sports psychology, with a focus on skill development, through relevant practice, guidance and feedback, and then apply this to your own learning in practical situations in order to improve your performance.
- You will learn about how key socio-cultural influences can affect people's involvement in physical activity and sport, as well as the impact of commercialization and sporting behaviour.

Potential career pathways that could lead on from this course:

- PE teacher
- Physiotherapist
- Sports coach
- Fitness instructor
- Sports promotion
- Sports therapist
- Exercise physiologist
- Bio-mechanist
- Sports dietician
- Sports scientist
- Sports Lawyer

