

Course Outline

Students will continue to develop their practical skills and gain a theoretical understanding of the factors that affect sporting performance. The practical element of the course is worth 50% with the remaining 50% being completed in a final theory exam.

What will I study?

Students will study a varied programme which will consist of 2 practical and 3 theory lessons a fortnight.

Throughout the practical element, students will study a range of activities such as:

- Personal exercise fitness programme, rugby, football, netball, hockey, badminton, basketball, athletics, baseball, gymnastics, mountain walking etc.

For the practical aspect of the course pupils will be assessed in:

- **Three** different activities in the role of the performer.
Pupils will be assessed on their **skills and techniques**, their **decision making skills**, their **problem solving solutions** and their **physical characteristics**.
- At least **one individual** and **one team sport** and **one other** which can be **individual or team**.
- A personal fitness programme linked to **one** of the above sports.
Pupils must design a personal fitness programme which will help them improve fitness and performance in one of the practical activities that they are assessed in.

For the theoretical aspect of the course, pupils will study the following:

- Factors affecting performance, participation and provision in sporting and health activities e.g. components of fitness, exercise programmes, methods of training, participation and provision.
- The physical, psychological, tactical and technical influences on health, fitness and well-being, lifestyle choices and performance.
- Exercise physiology, including the muscular-skeletal system and the cardio respiratory and cardio vascular systems.
- Movement analysis, which looks at muscular contractions, lever systems, planes of and axes of movement and sports technology.

