

# Physical Education



**Course Type:** GCSE

**Course Leader:** Mrs Dunne

## Topics covered:

Paper 1:

- **Anatomy and physiology (Biology):** Skeleton, muscles, heart & lungs
- **Biomechanics (Physics):** Levers & planes
- **Physical training:** Components of fitness, training plans & injury prevention

Paper 2:

- **Health, fitness & well-being:** Sport and lifestyle & nutrition
- **Socio-cultural influences on sport (Sociology):** Media, sports behaviour & participation
- **Sports psychology:** Types of skills & coaching

## How is this subject examined:

Theory exams 60%: Exam 1 Fitness and Body Systems /Exam 2 Health and Performance

Practical Sports 30% : Team sports & Individual sports - Skills & gameplay

Analysis and Evaluation of Performance 10%: Coursework: Plan and evaluate a training plan.

## Career Opportunities:

Sports development officer - Physiotherapist - Sports injury rehabilitator - Director of sport - PE teacher - Physiotherapist - Performance analyst - Sports therapy - Sports nutritionist - Sports psychologist - Sports scientist - Sports massage therapist - Sports biomechanics - Coach - Broadcaster - Public services (Police/Fire Service/Health care) - Strength and conditioning coach - Lab technicians (Drug testing) - Sport analyst.