

What is the course about?

This course will provide an insight into sports performance. Students will have the opportunity to perform or coach a sport but also develop a wide ranging knowledge into the how and why of physical activity and sport. The combination of physical performance and academic challenge provides an exciting opportunity.

Course content

The course encompasses topics such as:

- Exercise physiology
- Applied anatomy and physiology
- Biomechanics
- Skill acquisition
- Sports psychology
- Sport and society
- Contemporary issues in physical activity and sport

Assessment

Three terminal examinations totalling 70%.

Non-exam assessment in the performance or coaching of one practical activity and the evaluation and analysis of performance for improvement worth 30%.

Career pathways

Study sport and health related degree courses at higher education.

Employment opportunities: teaching, coaching, the leisure industry, recreational management, the health and fitness industry and professional sport.

Entry criteria

Minimum of five 5 to 9 grades at GCSE including at least a grade 6 in GCSE Science/PE or biology and actively engaged in sporting performance or coaching at club level.