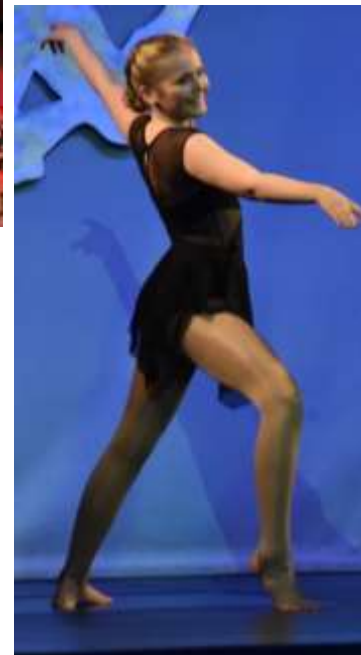




# Sport Studies









# What you will cover in Year 9



## Applied Anatomy and Physiology.

- Musculoskeletal system
- Cardiorespiratory system

## Physical Training

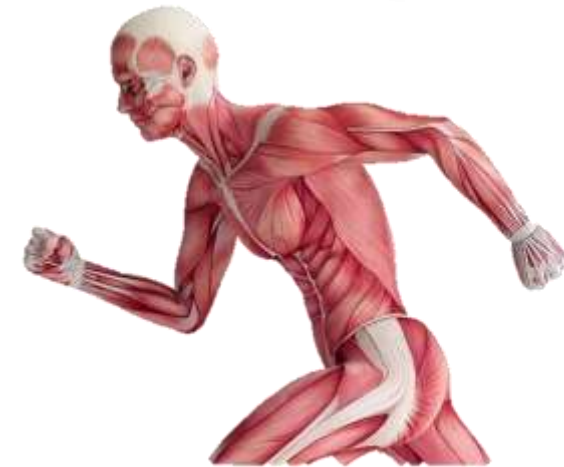
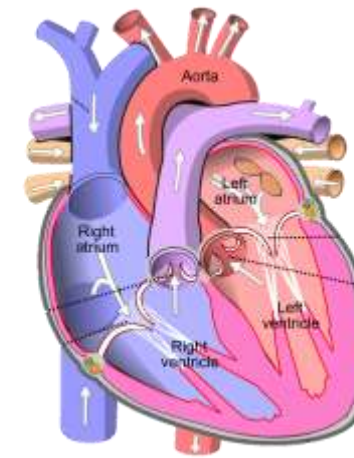
- Components of fitness
- Methods of training
- Fitness tests

## Personalised Exercise Programme.

- Create your own personal exercise programme
- Focus on your personal weaknesses

## Practical lessons

- Cover a variety of sports
  - Trampolining
  - Badminton
  - Handball
  - Basketball





## Sport Studies (Year 9)

You will be taught the following content through a variety of practical and theory lessons.

- Musculoskeletal system
- Cardio-respiratory system
- Short and long term effects of exercise
- Components of fitness and methods of training
- PEP (Personal exercise program)
- Practical sport assessment

At the end of the year you and your teacher will select the best pathway for key stage 4 for you from the following 3 options.

### GCSE PE (Year 10 & 11)

#### 60% Theory

Component 1 – Fitness and Body Systems

Component 2 – Health and Performance

#### 30% Practical

3 Practical sports

(Team and Individual)

#### 10% Coursework

Personal exercise program

### Sport Science (Year 10 & 11)

#### 25% Exam

Reducing the risk of sports injuries

#### 75% Coursework

3 Units

1. Applying principles of training
2. The body's response to physical activity
3. Technology in sport

### Sport Studies (Year 10 & 11)

#### 25% Exam

Contemporary issues in sport

#### 75% Coursework

3 Units

1. Developing sports skills (practical)
2. Sports leadership
3. Developing knowledge and skills in outdoor activities





# GCSE PE



## What you will cover

### Component 1: Fitness and Body Systems

#### Content overview

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Physical training
- Topic 4: Use of data

### Component 2: Health and Performance

#### Content overview

- Topic 1: Health, fitness and well-being
- Topic 2: Sport psychology
- Topic 3: Socio-cultural influences
- Topic 4: Use of data

## How you will be assessed

Two 1 hour 45 min exams

Practically in 3 different sports

Personalised exercise programme.

## Person specification

- Must play **competitive** sport outside of school (team/individual)
- High motivation levels
- Good literacy skills



# Sport Science



## What you will cover.

Reducing the risk of sports injuries, Applying principles of training, The body's response to physical activity, Sport psychology, Sports nutrition, Technology in sport

## How you will be assessed.

One unit has a written exam, the rest is coursework.

## Personal specification.

- Interest in sport and science
- High motivation levels to complete coursework and meet deadlines
- Good literacy skills





# Sport Studies



## What you will cover.

Contemporary issues in sport, Developing sports skills, Sports leadership, Sport and the media, Working in the sports industry, Developing knowledge and skills in outdoor activities

## How you will be assessed.

One unit has a written exam, the rest is coursework.

## Person Specification.

- Interest in sport and the industry
- High motivation levels to complete coursework and meet deadlines
- Good literacy skills



# What career can Sport Studies lead to

- PE Teacher
- Sports Coach
- Physiotherapist
- Personal Trainer
- Nutritionist
- Outdoor Adventure Activities Leader
- Leisure Centre Manager

