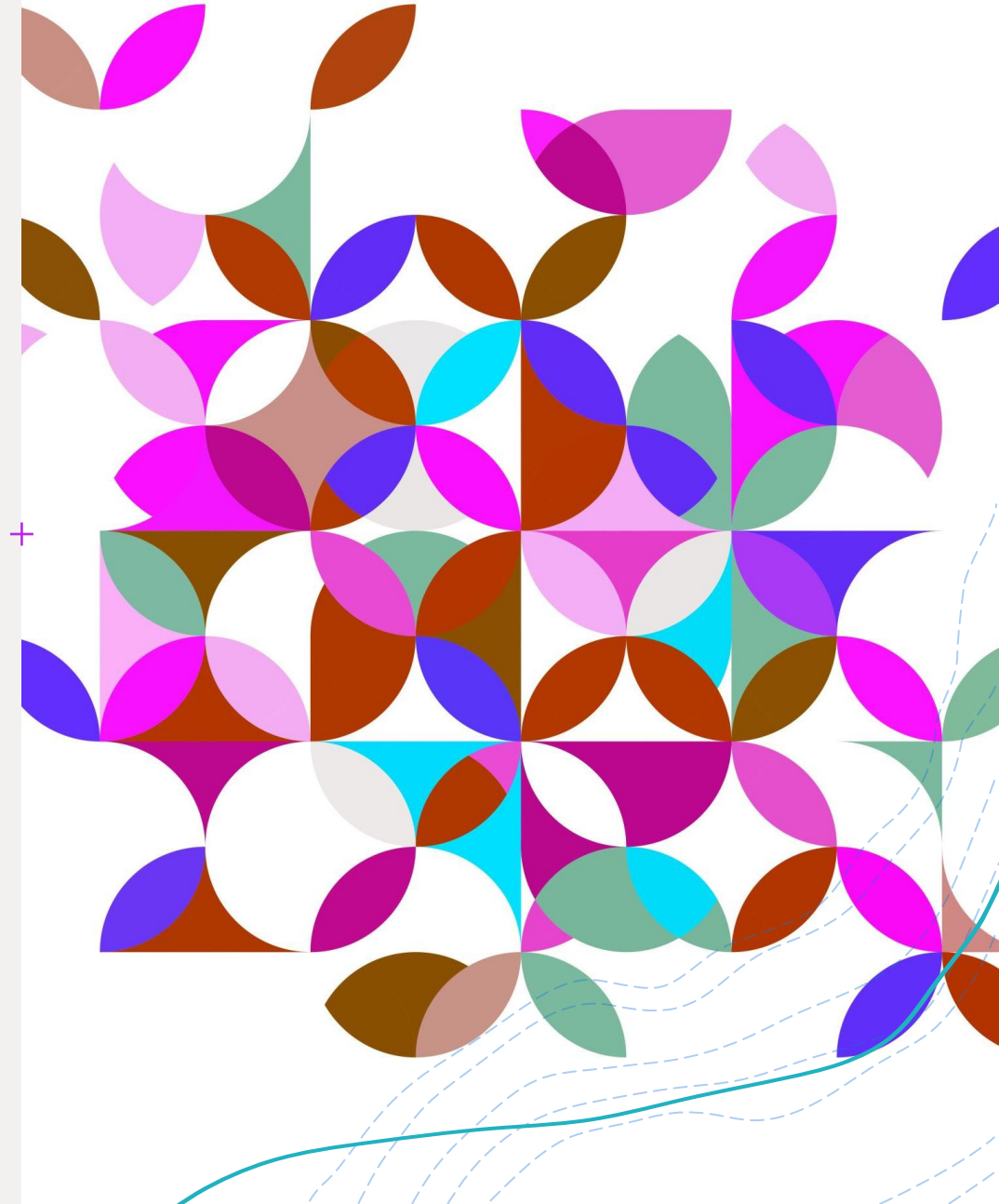


Year 9 Options Physical Education

In addition to core PE you have the option to choose either:

- Level 1/Level 2 Cambridge National in Sports Studies
- GCSE PE



Why Choose to study Sport Studies or GCSE PE?

- + Do you regularly play sport in and/or out of school?
- + Do you have an interest in future employment in the Sports, Fitness or Health Industry?
- + Would you like to enhance your knowledge of your body, how to maintain your physical and mental health and how your body reacts and adapts to playing sport?
- + Are you interested in improving your knowledge of and performance in a variety of sports?
- + Would you like to plan and complete your own exercise programme?
- + How to improve your fitness or train someone else.
- + Why different people participate in sport.
- + How your diet and other substances can affect your health and sporting performance.

Further Study

A Level PE

Level 3 BTEC Sport and Exercise Science

Level 3 Cambridge Technical in Sport and Physical Activity

Employment

Fitness Instructor

Physiotherapist

PE Teacher

Personal Trainer

Sports Scientist

Sports Psychologist

Sports Coaching

Sports Journalist

Dietitian

Sports Analyst

Sports Officiating

Sports Marketing

What can these qualifications lead to?

What are the differences between Sports Studies and GCSE?

GCSE PE

- + GCSE PE is taught over 2 years concluding with 2 exams:
 - + Fitness and the Body Systems (36%)
 - + Musculo-skeletal system.
 - + Cardio- respiratory system.
 - + Energy systems.
 - + Components of fitness
 - + Fitness testing
 - + Training methods and principles
 - + Health and Performance (24%)
 - + Diet
 - + Psychology
 - + Commercialisation of sport
 - + Health and fitness
 - + Socio cultural influences
- + There are also 2 elements of coursework:
 - + Practical Performance in 3 sports (30%)
 - + Personal Exercise Program (10%)
 - + Plan and complete a six week exercise program aiming to improve your performance in a sport.

Sports Studies

- + Sport Studies is split into 3 Units taught over years 10 and 11.
 - + Contemporary Issues in Sport (Exam)
 - + 80 Points (40% of the course)
 - + Technology in Sport, Sports Values, Hosting Sporting events, National Governing Bodies.
 - + Performance and Leadership in Sports Activities
 - + 80 Points (40% of the course)
 - + Practical Performance, Analysis of performance, Planning and delivering a coaching session.
 - + Sport and the Media
 - + 40 Points (20% of the course)
 - + Different media sources, positive and negative effects of the media in sport.
- + Each unit is completed before we move on to the next. There is one exam with the rest of the units being assessed through center assessed tasks (Coursework).

What's next

- + If you have any more questions, please contact Mr Wharton and I will be happy to help.
- + john.wharton@thirskschool.org