

How is it graded?

30% practical (3 sports)

60% exam (2 exams)

10% coursework

2 lessons practical

3 lessons theory

Units:

- Body Systems (cardiovascular, skeletal, respiratory, muscular etc)
- Effects of exercise
- Components of fitness
- Methods of training
- Fitness Testing
- Sports Psychology
- Ethics in Sport (sportsmanship, violence, performance enhancing drugs)
- Sports Nutrition

Careers:

- PE teaching
- Physiotherapist
- Sports Coaching
- Personal trainer
- Nutritionist
- Sports Psychologist
- Sports Journalist
- Police / Army / Fire service / Nursing



GCSE PE – Common questions?

Is it all writing?

No – You have a mix of theory and practical lessons. Some theory lessons will be taught through practical. However, note taking, exam questions and extended questions are part of the course.

Is it all practical?

No – see above! Do not choose if you think it's taking part in sporting activities all the time.

Do I have to be good at 3 different sports?

No – Not many people have 3 sports they are good at. It is recommended you have at least 1 sport you are good at and 2 you would class as average. (Speak to PE teacher if unsure)

What sports can I use for assessment?

Most sports can be used including boxing, dance, trampolining, skiing, golf and swimming amongst more commonly played activities. Darts, fishing and rounders are not. Speak to your PE teacher if you are unsure whether if a sport can be used.

Is it difficult?

No GCSE courses are going to be easy. Different topics you will find easier than others.



How is it graded?

60% coursework (two pieces of coursework)

1 - Principles of Training

2 – Sports Nutrition

40% exam – Sports Injuries

You still have practical lessons. (just not graded)

Units:

- Components of fitness
- Fitness Testing
- Methods of training
- Designing a training Programme
- Principles of Training
- Sports Nutrition
- Athlete Case Studies
- Sports Injuries

What it can lead to:

- PE teaching
- Physiotherapist
- Sports Coaching
- Personal trainer
- Nutritionist
- Sports Psychologist
- Sports Journalist
- Police / Army / Fire service / nursing



Sport Science – Common questions?



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How much coursework is there?

Two pieces of coursework – One will take up the majority of Y10 (10,000 words+) and one will be completed by Christmas in Y11.

Do I have to be good at practical?

No – you are not graded on your practical. All we ask is that you try your hardest in practical lessons.

Is this better than GCSE PE?

That's for you to form an opinion. They are two different courses. If you prefer coursework and being able to improve your grade – maybe this is more suited to you.

What is the exam about?

Based on Sport Injuries – The different types of injuries, what influences the risk of injury, treatment of injuries..

Is it difficult?

SAME ANSWER. No GCSE courses are going to be easy. Different topics you will find easier than others.

Can I do both?

Yes – if you want to. Some of the content overlaps which will help you in both courses.



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