



# GCSE

# Physical Education



## Why study Physical Education?

The sport and leisure industry is one of the fastest-growing sectors of modern day living. If you love playing sports, have bundles of energy and enjoy learning about movement then studying PE at GCSE, A Level and beyond could be a good career move for you. Physical Education isn't just about sports though - you'll learn a lot about health, well-being and the human body.

Exam Board:



## Overview of course content (specification code: 8582)

### Topics Studied

You will study the following topics throughout this course:

#### Applied Anatomy and Physiology

In this topic, you will look into: the structure and functions of the musculoskeletal system; the structure and functions of the cardio-respiratory system; anaerobic and aerobic exercise and the short and long term effects of exercise

#### Movement Analysis

In this topic, you will explore: lever systems, examples of their use in activity and the mechanical advantage they provide in movement and planes and axes of movement

#### Physical Training

In this topic, you will investigate: the relationship between health and fitness and the role exercise plays in both; components of fitness, benefits for sport and how fitness is measured and improved; principles of training and their application to personal exercise/training programmes; how to optimise training and prevent injury and effective use of warm up and cool down

#### Use of Data

In this topic, you will demonstrate an understanding of how data are collected – both qualitative and quantitative; present data (including tables and graphs) and analyse and evaluate data

#### Sports Psychology

This topic investigates classification of skills; the use of goal setting and SMART targets to improve and/or optimise performance; basic information processing; guidance and feedback on performance and mental preparation for performance

#### Socio-cultural Influences

In this topic, you will study engagement patterns of different social groups in physical activity and sport; commercialisation of physical activity and sport and ethical and socio-cultural issues in physical activity and sport

#### Health, Fitness and Well-being

This topic explores physical, emotional and social health, fitness and well-being; the consequences of a sedentary lifestyle and energy use, diet, nutrition and hydration.

### Examination and Assessment

Examination	% of GCSE
<b>Paper 1:</b> The Human Body and Movement in Physical Activity and Sport  Assessed on Applied Anatomy and Physiology, Movement Analysis, Physical Training and Use of Data  Exam duration: 1 hour 15 minutes (78 marks)	30%
<b>Paper 2:</b> Socio-cultural Influences and Well-being in Physical Activity and Sport  Assessed on Sports Psychology, Socio-cultural Influences, Health, Fitness and Well-being and Use of Data  Exam duration: 1 hour 15 minutes (78 marks)	30%
<b>Non-exam assessment:</b> Practical Performance in Physical Activity and Sport  Assessed on Practical Performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity) and analysis/evaluation of performance to bring about improvement in one activity.  (100 marks)	40%

