

MODULES/UNITS

Theory Units

This course is equivalent to one A level as pupils study 7 units. Students undertake 6 lessons per week (3 x doubles) which are a majority of the time theory lessons taught in classrooms. Units are assessed as either a pass (c), merit (b) or distinction (a). The units studied are:

1. Principles of anatomy and physiology in sport
2. The physiology of fitness
3. Assessing risk in sport
4. Fitness training and programming
5. Sports coaching
6. Fitness testing for sport and exercise
7. Practical Team sports

In order to meet the various criteria for assignments, it is important that pupil's:

DISTINCTION – justify and analyse in extensive detail

MERIT – explain in detail with examples

PASS - identify

COURSEWORK DEADLINES/EXAMS

WHEN

DEADLINES FOR ASSIGNMENTS ARE SET BY INDIVIDUAL STAFF	ON GOING
DEADLINE FOR ALL WORK IN PREPARATION FOR MODERATION	MAY 2020

PROJECTS/SCHEME OF WORK/TOPICS

DURING

OTHER INFORMATION

Pupils cover 7 units over two years as part of the 1 A Level equivalent which is called the Subsidiary Diploma.

The assignments are done in a variety of methods including written documents, powerpoint presentations, video evidence and podcasts.

Many pupils who study this course move onto University to study Sports Science, Sports Coaching/teaching, Physiotherapy or another similar course.