

## Course Content

### Physiological factors affecting performance

Skeletal and Muscular systems, Cardiovascular and Respiratory Systems, diet and nutrition and their effect on physical activity and performance, preparation and training methods, injury prevention and rehabilitation of injury, biomechanical Principles: Newton's Laws of Motion, force and the use of technology, Biomechanical principles: stability and lever systems, linear motion, angular motion, fluid mechanics and projectile motion

### Psychological Factors Affecting Sports Performance

Classification of skills, types and methods of practice, transfer of skills, learning theories, stages of learning, guidance and feedback, individual differences, attribution in sport, confidence and self-efficacy in sports performance, leadership in sport, stress management to optimise performance

### Socio-Cultural Factors in Physical Activity and Sport

Emergence and evolution of modern-day sport, sport in the twenty-first century, global sporting events, ethics and deviance in sport, commercialisation and media, routes to sporting excellence in the UK, modern technology in sport

### NEA: Practical Activities and Analysis of Performance in sport

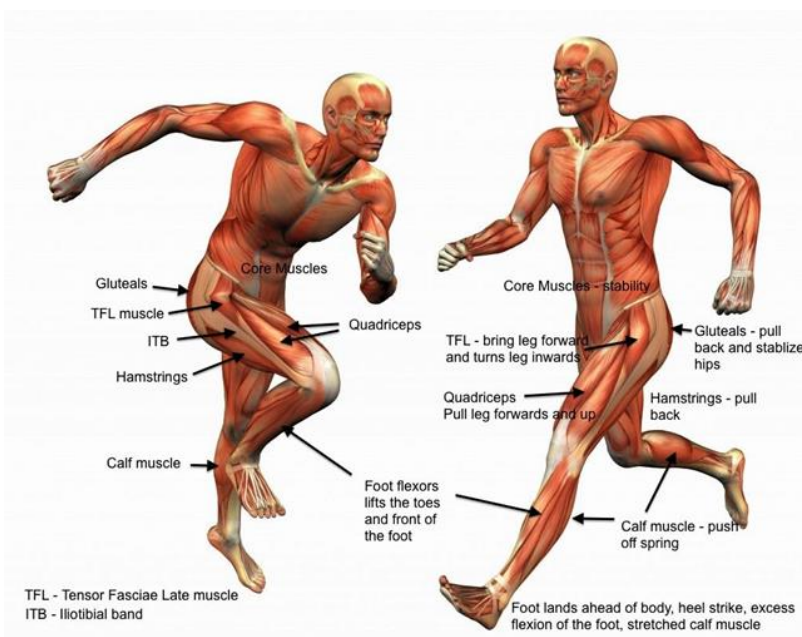
There is a vast selection of sports that you can choose from and you do not have to take part in them at school. You are expected to compile video evidence of you performing the skills of and playing your sport that forms your practical grade. For a sport, you have to evaluate another performer and explain using technical vocabulary, (EAPI: Evaluation and Analysis for Performance Improvement) what they do well and what they need to improve upon. You will also need to draw on knowledge of the other modules to complete your presentation.

## Further Studies and Career Opportunities

PE or Sports Teaching; Sports Science and Technology; or Sport and Leisure Management.

## Subject Entry Requirements

Students will be considered based on their overall academic profile.



### Subject Enhancement

Fixtures take place against other schools to allow you to hone your skills in some sports. Year 12 students will also take part in a University visit to develop a greater understanding of sport psychology and fitness testing.

### How is this assessed?

#### Exam Board - OCR

Exams	✓
Coursework	✓
Other – Practical assessment	✓