

# Physical Education

## Why choose to study Physical Education?

This subject will enable you to gain a detailed understanding of how the body and mind work before, during and after physical activity, as well as studying current issues in the world of sport.

The course is ideal for those who have a passion for sport and perform regularly.



## Entrance Requirements

You must enjoy playing and studying sport. You must also have the commitment and motivation to learn new skills and acquire new knowledge. If you have taken GCSE Physical Education you should have achieved at least a grade 5.

## Course Content & Learning Styles

The topics studied will include:

- Applied Anatomy and Physiology.
- Exercise Physiology.
- Biomechanics.
- Skills Acquisition.
- Sports Psychology.
- Sport and Society.
- Contemporary issues in physical activity and sport performance or coaching.



## What skills will I develop?

Physical Education at this level will develop the following skills:

- A willingness to learn.
- Teamwork.
- Evaluation and performance.
- Critical observation.
- Confident, independent decision making.



In addition you will learn the skills necessary to carry out research and those associated with independent learners.

## Progression Opportunities

There are a number of areas where the study of physical education can be of assistance. Sport-related courses and careers include coaching science, dance studies, occupational health and safety, physiotherapy, exercise and health, facilities management and teaching.

- Over 400,000 people in the United Kingdom work in the sport and leisure industry.
- A wide range of careers / job opportunities could be open to you – physio teaching, coaching, leisure and fitness, sports development, business and administration related to sport.