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| Course name: GCSE PE |
| Edexcel Exam Board.  |
| This course offers the opportunity for students to study the world of PE, Sport and Sport Science, by developing an understanding of how the mind and body works in relation to performance in physical activity. This will include units such as Anatomy and Physiology, Physical Training, Health, Fitness and Well-being, Sports Psychology and Socio-cultural Influences.As well as the theory side students will have the opportunity to develop their practical skills through skills in isolation and competitive situations. Students will be required to perform one team sport, one individual sport and then a free choice. Students will also have the opportunity to plan and take part in a 6 week personal exercise programme, where they will set an aim to achieve, collect data and analysis results to help improve performance in their chosen sport. |
| How is the course assessed? Two written papers* Paper 1 Fitness and Body Systems, 1 hour 45 minutes (90 marks, 36%)
* Paper 2 Health and Performance, 1 hour 15 minutes (70 marks, 24%)

Practical Exam – 3 sports (1 individual, 1 team, 1 free choice) (105 marks, 30%)Written Coursework, Personal Exercise Programme (20 marks, 10%) |
| Which careers/ post 16 courses will this course help me to prepare for?There is a natural progression through to A Level PE or other higher level Technical Awards.There is a wide range of job roles to progress into such as Personal Trainer, Sports Coach, Physiotherapist. This course will prepare students well to pursue a career in the Sport and Fitness industry.  |