

PHYSICAL EDUCATION

Entry requirements:

- Five grade 5s and above including grade 5/5 in Science and must be competing in one sport (from specification) to a high level, outside of school.

The prospectus explains the course content.

Why study Physical Education?

A level specifications in Physical Education will equip students with a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. A level Physical Education qualifications allow students to play to their strengths and gain dynamic theoretical and practical skills for further education or work.



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WHAT WILL I STUDY?

Below are examples of some of the topics you will study in each unit:



❖ Applied Anatomy & Physiology and Exercise Physiology & Biomechanics	Skill Acquisition and Sport Psychology	Sport & Society and the role of Technology in physical activity & sport
<ul style="list-style-type: none">❖ Diet and nutrition❖ Preparation and training methods❖ Injury prevention and rehabilitation	<ul style="list-style-type: none">❖ Aggression❖ Leadership❖ Stress management	<ul style="list-style-type: none">❖ Violence in sport❖ Drugs in sport❖ The use of technology in sport

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CAREER OPPORTUNITIES

- Sports & Exercise Scientist
 - Physiotherapist
 - Sports Coach
 - Personal Trainer
- Sports Psychologist
 - PE Teacher
 - Health Advisor
- Local Government Sports Development Officer
 - Sports Management



<https://www.youtube.com/watch?v=v9s0d5bazS0>



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