

GCSE Physical Education & CNat Sport Science Combined

Exam Board:

AQA – GCSE PE

OCR – CNAT Sport Science



Aims:

In this option, students will complete both the GCSE PE and CNAT Sport Science qualifications. Due to the cross over in content between the courses, students will have their knowledge assessed through assignment work throughout the three years **and** final examinations at the end of the course. As a result, the course will be highly intense and is recommended only for students who have shown an aptitude, ability and interest in the subject throughout years

7 and 8. Students must have been regularly attending a minimum of 1 extra-curricular activity or participate regularly at a good standard in an activity outside of school, in order to be suitable for the practical element of the course. **Academic ability in English, Maths and Science is also important.** If opting for this combined course, students will be required to **regularly attend a minimum of 2 extra-curricular activities** in school and will be expected to be available for school matches and competitions.

Content, Structure & Assessment – GCSE PE

60% Theory assessed through two examinations at the end of Y11

Paper 1: The Human Body and Movement in Physical Activity and Sport

Paper 2: Socio-Cultural Influences and Well-being in Physical Activity and Sport

10% Performance analysis assessment in one activity

30% Practical assessment in three activities: one team activity, one individual activity and a third activity.

(Students can **only** be assessed in the activities listed below)

Team Activities			Individual Activities		
Acrobatic Gymnastics	Association Football	Badminton	Amateur-Boxing	Athletics	Badminton
Basketball	Camogie	Cricket	Canoeing	Cycling	Dance
Dance	Figure Skating	Futsal	Diving	Equestrian	Figure Skating
Gaelic Football	Handball	Hockey (Field, Ice or Roller)	Golf	Gymnastics	Kayaking
Hurling	Lacrosse	Netball	Rock climbing	Sailing	Sculling
Rowing	Rugby (League or Union)	Sailing	Skiing	Snowboarding	Squash
Sculling	Squash	Table Tennis	Swimming	Table Tennis	Tennis
Tennis	Volleyball	Water polo	Trampolining	Windsurfing	
Specialist Team Activities			Specialist Individual Activities		
Blind Cricket	Goal Ball	Powerchair Football	Boccia	Polybat	
Table Cricket	Wheelchair Basketball	Wheelchair Rugby			

Content, Structure & Assessment – CNAT Sport Science – Please see page 43

N.B. 'Sport Psychology' unit will be substituted for 'The Body's Response to Physical Activity'.

For further information, contact Miss L Cox or Mr A Harrison

CNat Sport Science

Exam Board: OCR (Cambridge National)

Aim:



Cambridge Nationals are vocationally related qualifications that take an engaging and practical approach to learning assessment. The Cambridge National in Sport Science recognises the importance of science disciplines for progress in elite sport and the complex interaction between minute details of athletes' training programmes.

This qualification offers learners the opportunity to study anatomy and physiology linked to fitness, health, injury and performance, the science of training and training principles and psychology in sport and sports performance. Assessment takes the form of four units, each contributing equally to the overall grade awarded.

Assessments & Structure:

Mandatory Units:

Reducing the risk of sports injuries

Externally Examined -25%

Written paper, 1 hour, 60 marks. Students can have two attempts at this examination.

Students learn how to prepare participants to take part in physical activity and the risk factors associated with sporting performance. They learn about common injuries and medical conditions and how to respond to these when they occur. Students develop skills relevant to many roles within the sport and leisure industry by knowing how to reduce the risk of injury and how to recognise symptoms, should injury occur.

Applying the principles of training

Internally Assessed – 25%

During this unit students will put themselves in the position of a coach and will learn about the requirements to keep their athletes in peak condition. They learn about the importance of fitness testing and monitoring and learn how to use results of these to design appropriate training programmes. Students will learn the practical skills associated with administering fitness tests and then apply their knowledge by designing their own training programme.

Sport Psychology

Internally Assessed – 25%

Psychology is a crucial and ever emerging aspect of elite sport and small details can be the difference between success and failure. Students are exposed to the factors influencing athlete mind-set and learn to use strategies and techniques to maximise performance. Students learn about the role of a sport psychologist and understand the importance of performers being relaxed and focused.

Sports Nutrition

Internally Assessed – 25%

In the world of sport, the right nutrition is as important as the right equipment and the right training methods. Without suitable nutrition, a performer's body would not be able to cope with the stresses and strains put upon it. Students will learn to consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients in particular quantities and the effects of a poor diet on performance.

For further information, contact Miss L Cox