

## Subject: Sports Studies

### What the subject is about:

The content of the course will address topics in applied exercise physiology such health, exercise and fitness, body systems and nutrition.  
The specification offers students the opportunity to experience and develop an interest in a variety of roles in sport such as performer, official and/or leader/coach

### Course content and assessment schedule:

Paper	Duration	Season when first taken	Brief outline of main content. (Identify where coursework or practical forms part or all of a module)
Unit 1	2 Hour	June 2009	This paper will examine applied exercise physiology to include an understanding of the body systems. Skill acquisition and the impact of psychological factors will be addressed in this paper as well as addressing opportunities for participation. [60% of AS marks]
Unit 2	Practical	June 2009	Students perform, analyse and evaluate the execution of core skills as either a performer and in an adopted role as an official or coach. [40% of AS marks]

### Entry requirements:

Compulsory GCSE subjects	Grade	Desirable subjects	Grade
		Double Award Science	B
		English	B
		Mathematics	B

### Qualities / skills needed to succeed in the course

Students will be required to demonstrate the ability to apply skills knowledge and understanding of physical activity. They should demonstrate the ability to analyse and critically evaluate physical activity.

Ability to recall and apply facts, terminology, concepts, principles and methods to show understanding of the subject content.

Ability to analyse, interpret and evaluate information relating to the subject content.