

Subject Information for students:**Subject: Physical Education****What the subject is about:**

The content of the course will address factors affecting participation and performance in physical activity including the relationship between health, fitness, skill and the impact of lifestyle choice on performance. The course will require performance in four selected activities.

Course content and assessment schedule:

Paper	Duration	% of total	Content
1	1 ½ Hr	30%	One written question paper comprising short-answer and multi-part questions. Theory will include such aspects as health, fitness, skill and the design of training programmes. The impact on health and performance of nutrition, drugs, smoking and alcohol.
Oral		20%	You will be required to make an oral presentation on the compulsory practical known as the personal activity profile. This will detail how you sought to improve certain observed fitness weaknesses in your own performance.
Practical		50%	Assessment is based on the candidates' exercise/activity profile, and on three activities chosen from given categories. Assessment will be against set criteria for individual performance in the physical activity.

Attributes needed to succeed in the course

Perform effectively in selected activities to demonstrate the skills of the selected activities.
Ability to analyse performance to determine strengths and address weaknesses.
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