

### Entry Requirements:

Holy Family Sixth Form entry requirements apply. There is no requirement to have previously studied this subject.

### The Learning:

The course is split into four components, with 2 for each year of study. You will be assessed through both external examinations and coursework.

**Unit 1 – Anatomy and Physiology.** Students will cover anatomy including the skeletal and muscular systems as well as the different types of energy systems. This is assessed through an external exam at the end of year 12.

**Unit 2 – Fitness Training and Programming.** This unit requires learners to know and understand the positive and negative factors that can affect lifestyle, as well as the impact they have on the body. Students will be given a case study in their exam which they will have to analyse, evaluate and design a training programme for the individual. This examination is split into two parts in December and January of year 13.

**Unit 3 – Professional Development in the Sports Industry.** Students will research and consider the range of careers within sport, as well as how to prepare for interviews. Students will undertake tasks and interviews linked to jobs in the Sports sector. Assessment will be through coursework.

**Unit 7 – Practical Sports Performance.** Students will take part in practical lessons for badminton (individual sport) and then a team sport of their choice. Assessment through this module will be on practical performance and supporting coursework that includes information about rules and regulations for both sports, and a reflective piece analysing their own performance.

### What direction this course might take you in:

This course is suitable for those students who are looking into studying a sports related degree at University or for future employment in the Sports Industry. Previous students have gone on to university to study physiotherapy, sports science, PE teaching, sports therapy, nursing, sports management and sports nutrition.