



GCSE Sports Studies – 3hr Option

Wales High School - Year 9 Subject Options

Subject Content - What will you be doing?

The highly successful GCSE Sports Studies course gives all pupils the best opportunity to achieve their goals. The course covers an extensive range of topics that link to the world of sport.



Curriculum Content

- Anatomy and Physiology
- Sports Injury
- The Components of Fitness
- Training Methods
- Principles of Training
- Effects of Exercise on the Body
- Athletes Diets
- Technology in Sport
- Sports Media
- International Sporting Events
- Performance Analysis
- The Roles of a Coach and an Official

During the 2 year course students will be learning about the topics outlined above in theoretical and practical settings.

Key Points about the Subject

Students are completing a single award GCSE in Sports Studies.
The examination board is AQA.

Assessment

- **Two written examinations of 1 hour 15 minutes: 60% of the final grade**
 - Paper 1: The human body and movement in physical activity and sport - 30%
 - Paper 2: Socio-cultural influences and well-being in physical activity and sport - 30%
- **Non-examination assessment: Practical Performance in Physical Activity and Sport**
 - Practical performance in three different activities - 30%
 - Analysis of performance - 10%

Possible career opportunities include:



Leisure Industry
Coaching
Armed Forces
Sports Science

Emergency Services
Physiotherapy
Sports Journalism
Teaching

Sports Development
Personal Trainer
Sports Management
Sports Technology

Who can I speak to for more information?

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