



PHYSICAL EDUCATION

What can we offer?

GCSE PE
CNAT Sport Studies

GCSE PE

What topics will I cover?

- Anatomy and physiology
- Movement analysis
- Training
- Sports Psychology
- Socio-cultural influences
- Health, fitness and well-being



Career Opportunities

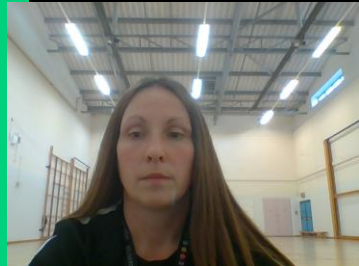
- Sports Coach
- Elite sports performer
- Fitness Instructor
- Physiotherapist
- Journalism
- PE Teacher / Lecturer
- Commercialisation

How will I be assessed?

- 2 exam papers (60%)
- Written Coursework (10%)
- Practical Performance (30%)

What skills are required?

- You must be in a competitive sports club outside of school
- Target grade 5 or above (lots of science)



CNAT Sports Studies

What topics will I cover?

- Unit R184 - Contemporary issues in sport (External exam sat in year 11).
- Unit R185 - Performance and leadership in sports activities (coursework).
- Unit R186 - Sport and the media (coursework)

How will I be assessed?

- 1 exam
- 2 units of coursework

What is required?

- An interest in sport
- Confidence to lead / coach small groups

Career Opportunities

- Sports Coach
- Fitness Instructor
- Sports Development
- Official / Referee
- Personal Trainer
- Sports Therapist

