

Sports Masterclass

Physical Education



Department: Physical Education

Exam Board: None

Duration: 1 Year

What is it worth? Enrichment Option

Why take this course? Who is it for?

This course is for any student who is interested in competitive sport. This course is aimed at students who perform their chosen sport at team or club level and would like to find out more about how to excel in competitive sport. This course has a practical element which requires students to actively participate in the lessons but also involves the theory of competitive sporting aspects.

What does this course involve?

In this course you will study 3 units of work: Training methods, Strategies and tactics and Psychology, fitness, management/leadership?

What possible progression routes are available after taking this course?

Students can progress onto the BTEC Level 3 course. In most cases the sports industry require a Higher Education qualification, such as a degree, Foundation Degree or HNC/D.

You could enter the industry through an apprenticeship to enhance your work-related skills, knowledge and experience.

What are the special features?

It gives students a deeper insight into what is necessary in order to function as a team effectively. Students will not only learn about the theory of fitness, strategies and management but will, more importantly, be able to put the theory into practice and enhance their learning by using it to influence their training for competitive matches.

What possible careers follow on from this course?

The range of careers include: Lifeguard, Leisure Assistant, Sports Coach, Trainer/Instructor, Sports Development Officer, Sports, Leisure and Events Manager, Sports Engineer, Performance Analyst, Performance Nutritionist, Sports, Psychologist, Physiotherapist, Soft Tissue Therapist, Performance Lifestyle Coach, Teacher and Journalist.

What skills will you develop?

Leadership skills. Independent learning Sport specific skills such as planning training sessions, leading a small group in a sporting activity, plan a fitness session for a gym session.

How you will be assessed?

The course is 100% coursework

Who do I see for further information?

Mr Walker

Enrichment
Option