

# Sports Studies

## Frequently Asked Questions

### What is Physical Education?

Studying GCSE Physical Education will give you a clear insight into the fascinating world of sports performance. You will develop a wide-ranging knowledge of the how and why of physical activity and sport, providing academic challenge while acquiring the knowledge, skills and understanding to be able to improve your own performance. Physical Education is studied through a range of different contexts and the impact it has on both our everyday lives and those of others. You will learn the reasons why we do things, why some people out-perform others, mentally and physically. You will get to explore the contribution that physical activity and sport make to health, fitness and well-being and you will also delve into the ethical considerations behind the use of drugs in physical activity and sport.

### What topics do you study?

A range of topics are taught in GCSE physical education giving a real breadth of study.

#### Year 1

Topic area	Areas explored	Assessment
Physical Factors affecting performance	Applied anatomy and physiology: Cardiovascular system, Respiratory system, Muscular system, Skeletal systems.	1hr written paper 30%
	Physical training: Components of fitness, Principles of training, Methods of training. Optimising training and preventing injury.	

#### Year 2

Topic area	Areas explored	Assessment
Socio-cultural issues and sports psychology	Socio-cultural influences: Factors affecting participation, Commercialisation of sport. Engagement patterns.	1hr written paper 30%
	Sports psychology: Characteristics of skilful movement, Goal setting, Mental preparation, Guidance and Feedback.	
	Health, fitness and well-being: Diet and nutrition.	

### What is the exam board?

The exam board is OCR

<https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

### How many exams are there?

There are two exams at the end of Year 11. Both exams are 1 hour long and out of a total of 60 marks. Each exam is worth 30% of the overall grade.

### What type of questions are in the exam?

There is a mixture of multiple choice and short answer questions plus one extended essay question. The questions in the exam are worth a range of different marks; the largest number of marks awarded for any one question is 6 marks.

### Is there any coursework?

- Yes, 40% of your final grade will be assessed as a NEA (Non Examination Assessment)
- Written component (10%) – You will provide a detailed analysis of a performer's strengths and weakness related to one activity of your choice, you will then continue to create an action plan to improve performance.
- Practical component (30%) - Students assessed as a performer in three sports.