SUBJECT LISTED:

- Physical Education (PE) [AS]
- Sport [BTEC L3]
- Sport and Exercise Science [BTEC L3]
- SPORT [BTEC L2]
Physical Education (PE) [AS]
What are the main features of this course?
This will give you a fantastic insight into the amazing world of sports performance. You have the chance to perform a sport through the non-exam assessment component, develop a wide-ranging knowledge into the how and why of Physical activity and sport. This course provides an exciting opportunity to combine physical performance and academic challenge. Physical Education is studied though a range of different contexts and the impact it has on both ours and other’s everyday lives. You will learn the reasons why we do things, why some people outperform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and the influence that modern technology is having in and on physical activity and sport.

How is the course assessed?
• A total of three assessment split over two examination papers taken at the end of the AS course.
• Non-Exam Assessment (NEA) PART 1. One practical performance, as a performer in an activity.
• Non-Exam Assessment (NEA) PART 2. One Performance Analysis task.
• The opportunity to demonstrate your knowledge of both theory and performance skills in both your NEA and through the examinations

Where can I go next?
A Level Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more.

Need More Information? Contact:
Daniel Bellamy
Head of PE and Sport
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AS PHYSICAL EDUCATION

SUBJECT OVERVIEW

You will cover various topics including:
- Applied Anatomy and Physiology.
- Exercise Physiology.
- Biomechanics and Technology in Sport.
- Skill Acquisition.
- Sport Psychology.
- Sport and Society.

You will be assessed via a practical performance or coaching – so plenty of practice from now and make sure you generate loads of evidence.

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This course provides an exciting opportunity to combine physical performance and academic challenge.

Physical Education is studied though a range of different contexts and the impact it has on both ours and other’s everyday lives. You will learn the reasons why we do things, why some people outperform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and the influence that modern technology is having in and on physical activity and sport.
SUMMER CHALLENGE

Go to the following JCC PE and Sport department website
https://sites.google.com/jcc.ac.uk/jccsummerchallenge/home
Research the department and various courses.

Find the unit tasks on each individual course page.

Complete the tasks to get you ready for September 2020.

HINTS & TIPS

What to read up on:
- Shoe Dog – Phil Knight (History of Nike)
- Bounce – Matthew Syed (Psychology)
- Black box thinking – Matthew Syed (Psychology)
- Unbeatable – Jessica Ennis
- Legacy – James Kerr (All Blacks – New Zealand Rugby)
- The Secret Race – Tyler Hamilton and Daniel Coyle (Drugs, Energy Systems and Deviance).

Are there any TV programmes that would be useful?
- Prime Video – All or Nothing series, The Programme, Andy Murray, Muscle and Medals
- YouTube – Kobe Bryant Black Mamba Doc, Crossing the Line Australian Cricket, Is professionalism killing sport BBC documentary

Are there any websites you would recommend?
www.acsm.org
www.exerciseregister.org
www.teachpe.com

Are there any places you would recommend visiting?
- Science museums
- Participate in as much Sport and Fitness as possible.
Sport [BTEC L3]
What are the main features of this course?
This course blends of theory and practical learning. Starting with creating a solid understanding of Anatomy and Physiology, exploring how the various body systems work and interlink to allow sporting performers take part in sport and exercise. This new knowledge will be used to review your own performance in a sporting activity, with the opportunity to develop your own practical performance.

The course provide transferable knowledge and skills that prepare learners for progression to university, this includes the ability to learn independently, the ability to research actively and methodically and being able to give presentations and being active group members.

Hours of lessons per week: 5
Indicative group size: 18

How is the course assessed?
• 4 units of which 2 are externally assessed and 2 are internally assessed over the two years.
• Externally assessed units allow you to demonstrate breadth and depth of achievement, the two types include - Examinations, where all learners take the same assessment at the same time, normally a written outcome and a set task where learners take the assessment during a defined window and demonstrate understanding through completion of a vocational task.
• Internally assessed units would include carrying out projects, the use of case studies to explore complex or unfamiliar situations and demonstrating practical and technical skill.

Where can I go next?
• Sport is an excellent base for many relevant sport and sports-related university degrees for example BA (Hons) in Sport Studies and Business*, BSC (Hons) in Sport Psychology*, and BA (Hons) in Sport and Exercise Science*. (*If taken alongside an appropriate relevant subject).
• Sport can open a range of career opportunities including sports development, sports coaching, personal training or becoming one of the next generation of PE teachers.

Need More Information? Contact:
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BTEC LEVEL 3 SPORT SCIENCE

SUBJECT OVERVIEW

Studying various sport science units over the entire course including:
• Functional Anatomy
• Applied Sport and Exercise Psychology
• Coaching for Performance and Fitness
• Practical Activity for specific groups
• Sociocultural Issues in Sport
• Applied Research Methods
• Nutrition for Sport and Exercise Science

Opportunities to complete additional qualifications including:
• Active IQ Level 1 Award in Fitness and Physical Activity
• Be a Sport Activator & Leader – part of the AoC Sport Leadership Academy
• Chance to represent the college in various sporting teams and challenges.

This course is the perfect blend of theory and practical learning, exploring the theory and applying to real-life localised sporting situations. Learners will start with learning functional anatomy and applied psychology to form the basis of a solid foundation that will then be built upon in Coaching, Physical Activity for Individuals and Groups, Sociocultural issues, Fitness and many other topics.

The course gives learners the knowledge, understanding and skills that underpin study of the sport and exercise science, and gives learners additional breadth and depth to prepare them fully for further study or training.

Sport and Exercise Science is an excellent base for many relevant sport and sports-related university degrees for example a: BSc (Hons) in Sport and Exercise Science, BSc (Hons) in Sports Therapy, BSc (Hons) in Sport and Coaching Studies and many more.

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What to read up on:
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• Unbeatable – Jessica Ennis
• Legacy – James Kerr (All Blacks – New Zealand Rugby)
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Are there any TV programmes that would be useful?
• Netflix – Icarus, Game Changers, The Last Dance, Losers, Unstoppable.
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Are there any websites you would recommend?
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Are there any places you would recommend visiting?
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Sport and Exercise Science [BTEC L3]
BTEC Level 3 National Extended Diploma  

► What are the main features of this course?
This course is the perfect blend of theory and practical learning, exploring the theory and applying to real-life localised sporting situations. Learners will start with learning functional anatomy and applied psychology to form the basis of a solid foundation that will then be built upon in Coaching, Physical Activity for Individuals and Groups, Sociocultural issues, Fitness and many other topics. The course gives learners the knowledge, understanding and skills that underpin study of the sport and exercise science, and gives learners additional breadth and depth to prepare them fully for further study or training.

► Hours of lessons per week: 15  
► Indicative group size: 18

► How is the course assessed?
• 13 units of which 4 are externally assessed and 9 are internally assessed over the two years.
• Externally assessed units allow you to demonstrate breath and depth of achievement, the two types include - Examinations, where all learners take the same assessment at the same time, normally a written outcome and a set task where learners take the assessment during a defined window and demonstrate understanding through completion of a vocational task.
• Internally assessed units would include writing up the findings of your own research, the use of case studies to explore complex or unfamiliar situations and demonstrating practical and technical skill.

► Where can I go next?
• Sport and Exercise Science is an excellent base for many relevant sport and sports-related university degrees for example a: BSc (Hons) in Sport and Exercise Science, BSc (Hons) in Sports Therapy, BSc (Hons) in Sport and Coaching Studies and many more.
• Sport and Exercise Science can open a range of career opportunities including sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers.

Need More Information? Contact:  
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BTEC LEVEL 3 SPORT SCIENCE

SUBJECT OVERVIEW

Studying various sport science units over the entire course including:

• Functional Anatomy
• Applied Sport and Exercise Psychology
• Coaching for Performance and Fitness
• Practical Activity for specific groups
• Sociocultural Issues in Sport
• Applied Research Methods
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SPORT [BTEC L2]
SPORT

BTEC Level 2 First Extended Certificate

What are the main features of this course?
To develop knowledge of sport, training, anatomy, physiology, and physical and skill-related fitness. Bringing together understanding of training methods, techniques and scientific concepts, applying them to contexts such as the application of advanced training techniques to achieve specific fitness outcomes and application of the structure and function of the musculoskeletal system to sports performance, and much more. This Sport course supports the development of English and mathematics knowledge and skills. Opportunities to develop these skills are embedded within lessons and assessment tasks, giving you the opportunity to enhance and reinforce skills related to these areas in naturally occurring relevant contexts of Sport.

Hours of lessons per week: 13
Indicative group size: 18

How is the course assessed?
• 12 units of which 2 are externally assessed and 10 are internally assessed over the year.
• Externally-assessed using an onscreen test which is set and marked by the exam board.
• Many of the units are assessed through internal assessment, where each assignment is tailored to suit the needs of the students. Each assignment will require the learner to generate evidence that could include written reports, graphs, posters, projects, practical assessments, audio-visuals recording, logbooks and/or presentations.

Where can I go next?
• This course would give learners the potential opportunity to progress to further study or to employment in a wide range of job roles across the Sport sector, for example posts in leisure centres, health and fitness clubs, outdoor sports venues and sports arenas or stadia.
• Successful completion of Level 2 First Extended Certificate in Sport would allow progression to BTEC Level 3 National Extended Diploma in Sport and Exercise Science or BTEC Level 3 Extended Certificate in Sport alongside other qualifications.

Need More Information? Contact:
Daniel Bellamy
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BTEC LEVEL 2 SPORT

SUBJECT OVERVIEW

Studying various sport science units over the entire course including:
- Functional Anatomy
- Applied Sport and Exercise Psychology
- Coaching for Performance and Fitness
- Practical Activity for specific groups
- Sociocultural Issues in Sport
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