

## Sports Science and the Active Leisure Industry

### Entrance Requirements

It is desirable that students have studied Physical Education at GCSE as the specification builds on the knowledge, understanding and skills developed through students' successful completion of GCSE PE.

Pupils who have studied GCSE Physical Education are required to have obtained **at least a Grade B** in this subject.

Pupils who have not studied Physical Education at GCSE should have achieved **at least a Grade B** in Science.

This subject offers students interested in sport, the active leisure industry and teaching physical education the opportunity to further their knowledge and understanding in the areas of sport and recreation and health and fitness. They will develop skills that enable them to make an effective contribution to sports science and the active leisure industry including research, evaluation and problem-solving skills in a work-related context.

### As Course Content

Unit	Outline
<b>AS Unit 1</b>	<p><b>Fitness and Training for Sport</b></p> <p>This unit gives students the opportunity to examine topics involving components of fitness and the training methods used to improve them. Students carry out fitness tests, analyse the results and provide an individual with feedback. Students must then devise a six week training programme and plan, lead and review the training sessions. They will carry out risk assessments and should be able to demonstrate knowledge and understanding of common injuries and appropriate first aid.</p>
<b>AS Unit 2</b>	<p><b>The Active Leisure Industry: Health, Fitness and Lifestyle</b></p> <p>This unit develops students' knowledge and understanding of an active lifestyle. It introduces students to key concepts including health, fitness and lifestyle and the relationship between these concepts.</p> <p>Students have the opportunity to explore the active leisure industry. They will also examine the need for safety and the barriers to participation. Students will study nutrition for health and exercise as well as components of fitness. They will also analyse the health of the nation compared with other European countries.</p>

### A2 Course Content

Unit	Outline
<b>A2 Unit 1</b>	<p><b>Event Management in the Active Leisure Industry</b></p> <p>This unit introduces students to the Leisure Industry, which is one of the fastest growing industries in the UK and Europe.</p> <p>Students organize and run an active leisure event. Each student works as a group member to plan carry out and critically evaluate a project that is relevant to the active leisure industry. In doing so essential workplace business skills are developed, thereby giving students preparation for employment in the active leisure industry.</p>
<b>A2 Unit 2</b>	<p><b>The Application of Science to Sports Performance</b></p> <p>This unit concentrates on the examination of the structure of the respiratory, circulatory, muscular and skeletal systems and how they function during and after exercise and at rest. The students gain knowledge and understanding of the structure of the systems and how they function. They develop a knowledge and understanding of the short-term responses and long-term adaptations of exercise associated with each system. Students also study how the acquisition of skill and principles of learning are relevant to skilled performance.</p>

### Scheme of Assessment

<b>AS Unit 1</b>	<p><b>Internal Assessment</b></p> <p>Portfolio showing written evidence of training methods, fitness assessment and planning, leading and evaluating exercise sessions, and risk assessment.</p> <p>60% of AS marks</p>
<b>AS Unit 2</b>	<p><b>External written examination - 2 hours</b></p> <p>This includes short and extended questions and stimulus response questions based on health, fitness and lifestyle. All questions are compulsory.</p> <p>40% of AS marks</p>
<b>A2 Unit 1</b>	<p><b>Internal Assessment</b></p> <p>Portfolio showing written evidence of planning for an active leisure event and evaluation of outcome.</p> <p>60% of A2 marks</p>
<b>A2 Unit 2</b>	<p><b>External written examination - 2 hours</b></p> <p>This includes short and extended questions and stimulus response questions based on anatomy and physiology, skill acquisition, principles of learning and performance. There will be two synoptic questions. All questions are compulsory.</p> <p>40% of A2 marks</p>

Students with this qualification at AS or A2 will have access to a wide range of possible careers and higher education opportunities. The course supports applications for a wide range of University courses such as Sports Science, Sports Studies, Physical Education, Physiotherapy and Recreation and Leisure Studies.