

**Entry Requirements**

Ability to demonstrate a good skill level in their chosen activities. Be able to assess the performance of themselves and others in physical situations. Grade C or above at GCSE level.  
This qualification is equivalent to one A level and it is a two year course.

**Why choose Physical Education**

This course provides an introduction for learners wishing to choose a career in sport; in such areas as Exercise and Fitness, Coaching, Sport Development and the outdoors.

There is flexibility in terms of choice of units which leads to a vocationally specific qualification for the sports industry.

**Organisation of the course**

**Three core units (which are compulsory)  
Plus three others from a varied list.**

Each unit is equal in value

**The methods of assessment including coursework**

There are no external examinations for this course. All units are assessed in house. Usually a written assessment will be required.

Units cover topics such as Anatomy and Physiology, Health and Safety in Sport, Training and Fitness, Sports Nutrition, Fitness Testing Technical and Tactical Skills in Sport.

**Career path and degree course progressions**

Foundation for careers in teaching, coaching, sports development, recreational management, leisure and fitness industry and professional sport, sports studies and research.

Essential pre-requisite for specialist study in sports studies and physical education in higher education.

**Further course information**

Develops:

- Individual Performance
- Education and Training in Sports Sector
- Nationally recognised qualification
- Opportunity to progress to higher vocational qualifications
- Opportunity to obtain the Community Sports Leader Award