

National 2 Physical Education (Course Code: C756 72)

SCQF Level 2 (18 Credit Points)

Why study Physical Education?

Physical Education gives you the opportunity to develop sports performance skills in physical activities. You will develop your movement ability by taking part in team games and solo activities. You will learn about the link between fitness and good health. It is particularly suitable for those who love physical activity and enjoy learning in practical ways.

What do I need to get in?

The school or college will decide on the entry requirements for the course.

What will I study?

This course aims to develop your practical performance skills by taking part in physical activities and developing knowledge and understanding of factors which impact on physical activity and physical health.

The course has **three** compulsory units.

Taking Part in Physical Activities (6 SCQF credit points)

In this unit you will:

- focus on enhancing their participation and performance in at least two physical activities
- choose from activities which may include: swimming, water aerobics, walking, cycling, fitness training, horse riding, indoor and outdoor team games.

Factors Impacting on Performance (6 SCQF credit points)

In this unit you will:

- develop knowledge of the body and how it works
- through a physical activity, improve your knowledge about exercise and its effects on the body
- choose from activities which may include: swimming, water aerobics, walking, cycling, fitness training, horse riding, indoor and outdoor team games.

Improving Performance (6 SCQF credit points)

In this unit you will:

- improve your own performance in one physical activity
- consider your own personal performance and to work to improve their own performance
- choose from activities which may include: swimming, water aerobics, walking, cycling, fitness training, horse riding, indoor and outdoor team games.

How will I be assessed?

You will be given practical work and other tasks to do when your teacher thinks you are ready. Your finished work should be kept in a folder. This is the record you keep of what you have done and how well you are doing.

If you do not pass a task first time you will be able to try again after more practice and help or advice from your teacher.

Your teacher will tell you how you are getting on. You will get the pass marked on your certificate.

You must pass all the required units to get the qualification.

Study Materials

What can I go on to next?

If you complete the course successfully, it may lead to:

- **National 3 Physical Education**

Further study, training or employment in:

- Sport
- Teaching and Classroom Support
- Uniformed and Security Services