National 3 Physical Education (Course Code: C756 73)

SCQF Level 3 (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.

Career Pathways

To see what career areas this subject could lead to and the routes to get there, download and view these career pathways:

Health and Medicine

Performing Arts

Sport

Teaching and Classroom Support

Uniformed and Security Services

What do I need to get in?

The school or college will decide on the entry requirements for the course. You would normally have achieved:

- **National 2 Physical Education**

What will I study?

Physical Education is a practical subject that develops your physical movement and performance skills. You may experience a range of activities such as indoor and outdoor team games, racquet sports, fitness related activities, athletics and swimming. And, you will learn about the factors that affect performance and ways to develop your personal performance.

The course has **two** compulsory units.

Performance Skills (9 SCQF credit points)

In this unit you will:

- select and demonstrate a range of basic movement and performance skills

- learn how to respond to the physical demands of performance safely and effectively.

Factors Impacting on Performance (9 SCQF credit points)

In this unit you will:

- explore factors that affect personal performance in physical activities
- record, monitor and review your own performance.

How will I be assessed?

Your work will be assessed by your teacher or tutor on an ongoing basis throughout the course. Items of work might include:

- practical work - such as physical activities
- research assignments and reports
- projects.

You must pass both units to get the qualification.

Study Materials

What can I go on to next?

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

- **Wellbeing Award (SCQF Level 4)**
- **National 4 Physical Education**

Further study, training or employment in:

- Health and Medicine
- Performing Arts
- Sport
- Teaching and Classroom Support
- Uniformed and Security Services