

## Higher Physical Education (Course Code: C856 76)

SCQF Level 6 (24 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](#)

[Uniformed and Security Services](#)

### What do I need to get in?

Entry is at the discretion of the school or college but you would normally have achieved:

- **National 5 Physical Education**

### What will I study?

The course consists of **two** areas of study.

#### Factors impacting on performance

You will:

- study the mental, emotional, social and physical factors that impact on personal performance in physical activities
- consider how these factors can influence effectiveness in performance through collecting information
- study approaches for enhancing performance
- select and apply these approaches to factors that impact on your personal performance
- create and implement Personal Development Plans (PDPs), modify these, and justify decisions relating to future personal development needs.

## Performance

You will:

- develop your ability to demonstrate a broad and comprehensive range of complex movement and performance skills through a range of physical activities
- select, demonstrate, apply and adapt these skills, and use them to make informed decisions
- develop your knowledge and understanding of how these skills combine to produce effective outcomes
- develop consistency, precision, control and fluency of movement
- learn how to respond to, and meet, the demands of performance in a safe and effective way.

## How will I be assessed?

The course assessment has **two** components **totalling 110 marks**:

- Component 1: question paper – worth 50 marks
- Component 2: performance – worth 60 marks (scaled to 50 marks towards the overall total).

For the performance component, you will be assessed on your ability to perform two different physical activities.

The performance component will be internally marked by your school or college, and is set by and externally verified by the Scottish Qualifications Authority (SQA).

The question paper will be set and externally marked by SQA.

The grade awarded is based on the total marks achieved across course assessment.

The course assessment is graded A-D.

## Study Materials

- [SQA Past Papers Physical Education Higher](#)
- [SQA Specimen Paper Physical Education Higher](#)
- [SQA Understanding Standards Physical Education](#)
- [BBC Bitesize Physical Education Higher](#)
- [Ushare Study Resources](#)

## What can I go on to next?

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

- **Higher National Certificates or Higher Education degree courses.**
- **Advanced Higher Physical Education**

Further study, training or employment in:

- Health and Medicine

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