

Advanced Higher Physical Education (Course Code: C856 77)

SCQF Level 7 (32 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?

This is at the discretion of the school/college but you would normally be expected to have attained one of the following:

- Higher Physical Education

What will I study?

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

Factors impacting on performance

You will:

- develop independent research, analytical and evaluative skills by investigating mental, emotional, social and physical factors that impact performance in physical activities
- by collecting information, consider how these factors can influence effectiveness in performance
- develop knowledge and understanding of a range of approaches for enhancing performance
- select and apply these approaches to factors that impact performance
- create and implement Personal Development Plans (PDPs), modify and evaluate these, and justify decisions relating to future development needs.

Performance

You will:

- develop your ability to demonstrate a broad and comprehensive range of complex movement and performance skills in one activity, in a challenging context
- 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?

Course Assessment

The course assessment consists of **two** components **totalling 100 marks**:

- Component 1: project (70 marks)
- Component 2: performance (30 marks).

For **Component 1** you will research, investigate, analyse and evaluate a topic which impacts either on your own performance, or the performance of another person, team or group.

For **Component 2** you will be asked to carry out a single, high-level performance in one physical activity in a challenging, demanding and/or competitive context.

The project will be externally marked by the Scottish Qualifications Authority (SQA).

The performance will be set by SQA and marked internally by your teacher or lecturer in line with SQA marking instructions.

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

The course assessment is graded A-D.

Study Materials

What can I go on to next?

Further study, training or employment in:

- Health and Medicine
- Performing Arts
- Sport

- Teaching and Classroom Support
- Uniformed and Security Services