

## 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.

#### Performance

You will:

- develop your movement and performance by selecting and consistently applying an appropriate repertoire of skills and techniques in chosen activities
- learn how to problem solve and make effective decisions, while adapting these skills and techniques in challenging performance contexts
- develop consistency in the precision, control and fluency of movement, as well as enhance your body management, particularly spatial awareness
- learn how to react to the mental, emotional, social and physical demands of your personal performance

- apply compositional, technical and tactical awareness within challenging performance contexts.

This area offers considerable opportunity for personalisation of physical activity.

### Factors Impacting on Performance

You will:

- develop your independent research, analytical, and evaluative skills by investigating a range of factors which have an impact on performance in physical activities
- investigate and consider how mental, emotional, social and physical factors can positively and/or negatively affect performance
- deepen your knowledge and understanding of factors which underpin performance development, through independent research
- reflect on performance development plans and evaluate the effect of the factors from your research.

## 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:

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