



Overview:

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry

Cambridge Technical Extended certificate and Diploma

Physical Education

Term 1

Body Systems and the effects of physical activity

In this unit the students will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.

Organisation of sporting events

In this unit the students will develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development. This unit will enable you to establish transferrable skills which can be used within sport and active leisure as well as within the fitness industry. It will also enhance skills such as team work, organisation and safeguarding awareness.

Term 3

Health and Fitness Testing for Sport and Exercise

In this unit students will learn a range of fitness tests, what they test and their advantages and disadvantages. They will learn how to complete client consultations which will give them the background knowledge they need about a client to be able to plan and deliver appropriate fitness tests. Students will then learn how to interpret the data acquired from fitness tests and how best to feed this back to the client so that they can go on to make informed decisions about their health and fitness training.

Sports Injuries and rehabilitation

In this unit students will learn how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.

Term 2

Performance Analysis in Sport and Exercise

In this unit students will gain the skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.

Sports Organisation and Development

In this unit students will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.