



# Course Choice Information – Physical Education - Higher

## Course Information & Content

- The Higher PE course requires candidates to demonstrate ability in a variety of sports by selecting, demonstrating and applying a broad range of complex skills in challenging contexts.
- Candidates should have a keen interest in sport and will demonstrate a range of approaches for developing or refining skills, fitness and performance tactics by analysing factors that impact on performance.
- Candidates will plan, develop and implement skills and strategies in a range of performance situations demonstrating decision-making and problem-solving in challenging contexts.
- Candidates will be expected to participate regularly and will be classroom based completing written tasks 2 or 3 periods per week. This course is, therefore, suited to candidates who are keen participants but also motivated to write about the theory underpinning sport through investigating and analysing their performance.
- Activities may include: Trampolining; Volleyball; Badminton; Basketball and an outdoor based activity.

**Entry Requirements:** National 5 PE or previous competitive sporting experience with an equivalent National 5 in a written literacy based subject e.g. English, History, Modern Studies as there will be a 2.5 hour written exam as part of the course award.

## Assessment

- 50% - Written exam 2.5 hours - Externally assessed by SQA.
- 50% - Practical Performance in 2 activities.

## Homework

Written tasks and deadlines are given regularly through the session with a focus on factors Impacting Performance.

## Progression

Advanced Higher PE |University or Further Education College course |Full time employment

## Career Options

Primary or Secondary Specialist PE Teaching College/University Physical Education Lecturer |Primary School Teaching |Sports Science |Sports Engineering |Sport & Leisure Industry |Health and Fitness Instructor |Lifeguard or Pool Attendant |Sports Coach or Instructor |Sports Development Officer |Sports or Leisure Centre Assistant Sports or Leisure Centre Manager |Sports Professional |Sport Outdoor Pursuits Instructor or Leader |Physiotherapist |Physiotherapy Assistant |Psychologist - Sports and Exercise Sport and Exercise Scientist

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