Higher Physical Education

# Course Rationale

The course enables learners to develop and enhance their movement and performance skills. Learners will develop their knowledge and apply this to the analysis and evaluation of performance within physical activities. The course also covers physical wellbeing, mental and social factors.

# Course Content and Assessment

**Performance**

Learners must demonstrate:

* a repertoire of skills — a broad and comprehensive performance repertoire

(including complex movement and performance skills)

* control and fluency of complex movement and performance skills
* effective decision making and problem solving
* using and applying well established composition, tactics and roles
* extent to which rules and regulations are followed and etiquette is displayed (including working with others)
* extent to which emotions are controlled on the day of the performance

**Factors Impacting On Performance**

There are five broad areas covered within the course in preparation for the final exam:

* factors impacting on performance (mental, emotional, social and physical)
* methods of collecting information to analyse factors impacting on performance
* key planning information
* performance development process
* recording, monitoring and evaluating performance development

# COURSE ASSESSMENT STRUCTURE

**Question paper 50 marks – this is 50% of the overall marks for the course assessment.**

Candidates have 2 hours and 30 minutes to complete the question paper.

**Performance 60 marks – this is 50% of the overall marks for the course assessment.**

The performance assesses learners’ ability to perform in **two different** physical activities.

Each single performance event is marked out of 30 by your teacher in line with SQA marking instructions.

**Career Pathways**

Physiotherapist Sports Journalist Active Schools Coordinator P.E. Teacher

Sports Psychologist Sports Scientist Football Coach Sports Development Officer

Sports Coach Sports Nutritionist Lifeguard Sports Centre Management

Gym Instructor Police Officer Sports Photographer