

Physical Education Advanced Higher

Why take this course?

Advanced Higher Physical Education requires a significant amount of independent research. The National 5 and Higher PE course helped you to develop your research skills and this course will give you the opportunity to develop them further. If you have an inquisitive mind and if you have a specialised interest in performance and performance development, then this course is for you.

To succeed in this course, you need...

It is advantageous (not a requirement) to have passed Higher PE and Higher English as you will have already developed some of the skills which will help you to be successful at an Advanced Higher level; you will have an understanding of the 'cycle of analysis', used for performance development, and you will have a sound command of the English language for the written element of the course. To do well in the course though you must really commit to it as you will be required to spend a lot of time actively engaged in researching your sport and the approaches used to develop it. There is an element of decision making; you will decide on the sport you are going to investigate and the approaches you will use for your performance development. Analytical skills will be required to help you with this decision making. Everything you do must be written up in detail, as this is the basis of your project. It is important for you to be organised and have good time-management skills in order to complete the work within the time constraints of the timetable.

Course structure and Content

Throughout the year you will move through a 'cycle of analysis' based on your performance in a sport of your choice. Term 1 will be spent researching high level performance and investigating your performance in order to identify a project proposal, a focus for your performance development. In Term 2 you will set out and justify your personal development programme which you will then carry out. Term 3 will be spent analysing and evaluating your personal development programme, post training, and writing up your final project for submission. At some stage during the year your performance will be assessed in one activity of your choice; you will be responsible for the timing of this.

Course Assessment

There is no exam at the end of the AH course. The course is assessed through one practical performance and a project that is sent away to the SQA to be marked. You need to complete both of these by Easter 2020. Details of these are provided in the boxes below:

Performance

30 marks (30% of course assessment)

Assessed in **one** individual performance, in practical exam conditions

Choice of performance contexts, in or out with school

- Performance repertoire, 8 marks
- Control and fluency, 8 marks
- Decision making, 8 marks
- Following rules, displaying etiquette and control of emotions, 6 marks

Project

70 marks (70% of course assessment)

A 4000 – 5000 word report on research into a topic which impacts on your performance

- Project proposal, 22 marks
- Research, 26 marks
- Personal development record, 4 marks
- Post PDP analysis and evaluation, 18 marks

Where might this course take me?

This course could lead to further study and career options related to physical education such as Higher National Diplomas in sports science, sports coaching or health and fitness, or degrees in areas such as Physical Education, physical activity and health, sport and exercise science, health and fitness and physiotherapy. Or it could lead to training or employment related to personal training or health promotion.