

**Faculty of Health  
Physical Education**

**TITLE OF COURSE:            PHYSICAL EDUCATION ADVANCED HIGHER**

**LEVEL:                            ADVANCED HIGHER**

**Entry Requirements:**

Ideally pupils have achieved a Grade A/B in Higher Physical Education. Discussion with Faculty Head or PE staff is essential.

**Purpose and aims of the Course**

The main purpose of the Course is to research and analyse factors which underpin and impact on performance, and use this knowledge to develop their own performance or that of others. To do this effectively, learners will engage in research and undertake independent investigative work, and develop skills of analysis, evaluation, and communication.

During the Course, learners will also understand how to develop consistency of performance in challenging environments and become proficient in their ability to analyse and apply strategies and techniques to make appropriate decisions about their personal performance.

The range of skills developed in the Course will allow learners to work confidently and independently. By actively participating in physical activities, learners can demonstrate initiative, decision-making and problem-solving abilities — attributes which are applicable to both life and work.

The Course has six broad and inter-related aims to enable learners to:

- investigate and evaluate how a range of factors impact on performance
- understand and apply methods to develop performance
- develop independent research and investigation skills to analyse how skills, techniques and strategies combine to produce effective performance
- select and apply a range of movement and performance skills, by making informed decisions during high-level performance
- carry out high-level personal performance in a selected physical activity
- analyse and evaluate the process of performance development

## **ASSESSMENT:**

Physical Education Project – 70% of final grade

This assessment will assess the skills, knowledge and understanding specified for the project in the *Course Assessment Specification*. These are:

- demonstrating independent research and investigation skills
- investigating how factor(s) impact on performance
- understanding and applying methods to develop performance
- analysing and evaluating the process of performance development

One Off Performance – 30% of final grade

**Being videoed is an integral part of this course.**