

SUBJECT: SPORTS, EXERCISE and HEALTH SCIENCE IB STANDARD

**HEAD OF DEPARTMENT:
MRS L COLDHAM/MR T CUFF**

SYLLABUS NUMBER:

N/A

SYNOPSIS OF CONTENT

Core Content

Anatomy
Exercise Physiology
Energy Systems
Movement Analysis
Skill in Sport
Measurement and Evaluation of Human Performance

Option Content

Of which two of the following will be studied (teacher led decision):

Optimising Physiological Performance
Psychology of Sport
Physical Activity and Health
Nutrition for sport, exercise and health

SKILLS THAT WILL BE DEVELOPED

The ability to construct, analyse and evaluate scientific methods, explanations, techniques.

The ability to apply and use scientific facts and concepts.

The ability to demonstrate an understanding of scientific facts and concepts.

SOME USEFUL WEBSITES

<http://www.bbc.co.uk/science/humanbody/body/interactives/3djigsaw>

www.nln.co.uk

www.pennhealth.com

<http://www.medicdirectsport.com/exercisetheory>

www.pponline.co.uk

www.sportdevelopment.org.uk/html/talentid

www.pennhealth.com

<http://www.sportsinjurybulletin.com/>

www.london2010.co.uk

<http://www.tigers.co.uk>

www.teachpe.com

www.brianmac.demon.co.uk

ASSESSMENT

Three exam papers taken at the end of the course.

Paper 1 -30 multiple choice questions in 45min worth 20%.

Paper 2 - One data based question, several short answer questions and one extended response questions in 1hour 15min worth 32%.

Paper 3 - several short answer questions in 1 hour worth 24%.

Internal assessment - of practical work worth 24% of the final result. To include:

A mixture of short and long term investigations
An interdisciplinary project

SPECIFIC MATRICULATION REQUIREMENTS

A grade C or higher in GCSE PE and Science.

OTHER INFORMATION E.g. Field Trips/expenses/books