

Advanced Higher Physical Education Course Descriptor

Course Overview

The Advanced Higher Physical Education (PE) course is designed to challenge learners to develop a deep understanding of physical education, focusing on advanced performance, analysis, and critical evaluation. Through a combination of practical and theoretical components, learners will explore the scientific, psychological, and social factors that influence performance, equipping them with the skills and knowledge needed for further study or professional careers in sports and physical education.

Entry requirements

Candidates should have achieved an A or B grade pass in the Higher Physical Education course.

Course Aims

The Advanced Higher PE course aims to:

- Develop expertise in planning, executing, and critically evaluating advanced physical performance.
- Foster an in-depth understanding of factors that impact performance, including physical, social, emotional, and mental factors.
- Enhance research and investigative skills through focused analysis and evaluation of performance development processes.
- Build skills in independent study, communication, and critical thinking, essential for higher education and beyond.

Course Content

The course has two areas of study.

Factors impacting on performance

Students develop independent research, analytical and evaluative skills by investigating mental, emotional, social and physical factors that impact performance in physical activities. By collecting information, students consider how these factors can influence effectiveness in performance. They develop knowledge and understanding of a range of approaches for enhancing performance. Students select and apply these approaches to factors that impact performance. Students create and implement Personal Development Plans (PDPs), modify and evaluate these, and justify decisions relating to future development needs.

Performance

Students develop their ability to demonstrate a broad and comprehensive range of complex movement and performance skills in one activity, in a challenging context. They select, demonstrate, apply and adapt these skills and use them to make informed decisions. They develop their knowledge and understanding of how these skills combine to produce effective outcomes. Students develop consistency, precision, control and fluency of movement. They learn how to respond to and meet the demands of performance in a safe and effective way.

Assessment

- **Performance Assessment (30%):** Learners demonstrate and evaluate their advanced practical skills in a selected activity. The performance assesses candidates' ability to carry out a single performance in one physical activity in a challenging, competitive and/or demanding context
- **Performance Analysis Project (70%):** A comprehensive report demonstrating in-depth research, analysis, and critical evaluation of a specific performance issue.

Skills Developed

- Advanced performance and movement skills.
- Critical analysis and problem-solving in performance contexts.
- Research methodology and academic writing.
- Independent learning and time management.

Progression

The Advanced Higher PE course provides a strong foundation for further education in sports science, physical education, coaching, physiotherapy, or other related fields. It also develops transferable skills valuable in broader academic and professional contexts.