

GCE AS & A LEVEL
Student Guide
**Sports Science and the
Active Leisure Industry**

For first teaching from September 2013

For first award of AS Level in Summer 2014
For first award of A Level in Summer 2015

sports
science
and the active leisure industry



Student Guide: Sports Science and the Active Leisure Industry

By studying this course, you will develop an understanding of sports science and the active leisure industry relating specifically to Sport and Recreation and Health and Fitness. Leisure is one of the fastest growing industries in the world today, with gym and indoor sports facility use becoming a way of life. More and more people are learning about the science of physical health and fitness. Those who are interested in sports science can go on to enjoy careers in personal and fitness training, the leisure industry, event management, sports massage and therapy, physical education and teaching.

Q. Why study Sports Science and the Active Leisure Industry?

This specification will encourage you to:

- develop an interest in sports science and the active leisure industry specific to Sport and Recreation and Health and Fitness;
- acquire knowledge and understanding of sports science and the active leisure industry through practical and theoretical contexts;
- undertake practical activities which allow you to apply your knowledge, understanding and skills when exploring the subject;

- develop skills that enable you to make an effective contribution, including research, evaluation and problem-solving skills in a work-related context;
- develop knowledge about the importance of technology to sport and physical activity in the industry;
- develop skills to help to prepare for third level education and/or employment in the industry; and
- demonstrate your understanding and application of key concepts through assessments.

Q. What will I study?

There are two units at AS and a further two units at A2:

Unit	Areas of Study	Unit	Areas of Study
AS 1: Internal Assessment Fitness and Training for Sport	This unit will provide you with an understanding of the components of fitness, training methods, fitness testing and first aid. You will plan, perform and evaluate a sport specific fitness programme. You will learn about: <ul style="list-style-type: none"> • Components of Fitness • Training Methods • Fitness Testing • Planning Fitness Programmes and Leading Exercise Sessions • Safety and Risk Assessment • First Aid 	AS 2: The Active Leisure Industry: Health, Fitness and Lifestyle	This unit will develop your knowledge and understanding of an active lifestyle. It introduces you to key concepts including health, fitness and lifestyle and explores the relationships between these concepts. You will learn about: <ul style="list-style-type: none"> • The Active Leisure Industry • Lifestyle and Health • Nutrition for Health and Exercise • Enhancing Fitness • The Need for Safety in the Active Leisure Industry • Barriers to Participation • Health of the Nation and Comparisons Made to other European Countries

Unit	Areas of Study	Unit	Areas of Study
A2 1: Internal Assessment Event Management in the Active Leisure Industry	This unit introduces you to the Leisure Industry, which is one of the fastest growing industries in the UK and Europe. It helps you prepare for employment in the active leisure industry by giving you the opportunity to develop the essential workplace business skills. You will learn about: <ul style="list-style-type: none"> • Introduction to the Key Components of the Leisure Industry • Choice of Active Leisure Event Linked to Key Components of Leisure 'Sport' • Feasibility of the Event • Teamwork • The Event • Evaluating the Event 	A2 2: The Application of Science to Sports Performance	This unit concentrates on the examination of the structure of the respiratory, circulatory, muscular and skeletal systems and how they function during and after exercise, and at rest. You will develop a knowledge and understanding of the short-term responses and long-term adaptations of exercise associated with each system. You will learn about: <ul style="list-style-type: none"> • Respiratory System • Cardiovascular System • Skeletal System • Muscular System • Effects of Exercise • Ethics in Sports Performance • Skill Acquisition • Understanding Learning and Performance

Q. How will I be assessed?

Unit	Assessment	Weightings	Availability
AS 1: Fitness and Training for Sport	Internal assessment You will produce a portfolio showing written evidence of training methods, fitness assessment and planning, leading and evaluating exercise sessions, and risk assessment.	60% of AS 30% of A Level	Every Summer (beginning in 2014)
AS 2: The Active Leisure Industry: Health, Fitness and Lifestyle	External written examination 2 Hours You will respond to short and extended questions and stimulus response questions.	40% of AS 20% of A Level	Every Summer (beginning in 2014)
A2 1: Event Management in the Active Leisure Industry	Internal Assessment You will produce a portfolio showing written evidence of planning for an active leisure event and evaluation of outcome.	30% of A Level	Every Summer (beginning in 2015)
A2 2: The Application of Science to Sports Performance	External written examination 2 Hours You will respond to short and extended questions and stimulus response questions.	20% of A Level	Every Summer (beginning in 2015)

Q. What can I do with a qualification in Sports Science and the Active Leisure Industry?

In this course you will develop your knowledge, understanding and skills in research, analysis, planning, time management, event management, problem-solving and communication as a coach or instructor. It can open up a wide range of opportunities in higher education or in a successful career, for example as a PE teacher, personal trainer, leisure centre manager or a sports therapist.



How can I find out more?

You can contact teachers at your school or college, students already studying the subject, or your careers adviser.

You can visit www.ccea.org.uk

You can also visit UCAS www.ucas.com or CAO www.cao.ie for details on entry requirements for university courses.

To view the full specification and the full range of support material available for GCE Sports Science and the Active Leisure Industry, please visit the micro-site (www.ccea.org.uk/sports_science)

sports science

and the active leisure industry

