

## PHYSICAL EDUCATION Course Outline

### FORM FIVE

### COURSE OUTLINE

<b>Week No.</b>	<b>Unit</b>	<b>Module</b>	<b>Topic</b>
<b><u>Term 1</u></b>			
1 - 6			<ul style="list-style-type: none"><li>• Fitness and Training: Types of Fitness; Definitions; Training methods; training for competition; peaking.</li><li>• Portfolio Development; Sections; Formatting; reports; references.</li></ul>
7 - 10			<ul style="list-style-type: none"><li>• Skill in Sport; Definition of Terms; Types of Skill; Development of Skill; Performance Factors.</li><li>• Issues in Sport; Drugs and Sport; Types of Drugs; Testing and Regulations; Effects on Health and Performance.</li></ul>
11 - 13			<ul style="list-style-type: none"><li>• Health and Nutrition; Factors Affecting Health; Nutrients.</li><li>• Gender and Sport; Racism and Sport; Violence in Sport.</li></ul>
1 - 13			<ul style="list-style-type: none"><li>• Health and Safety; First Aid; Injury Prevention</li><li>• Government and Sport; Funding; Sponsorship; Sport Organisation; International, local, regional.</li></ul>
14			<ul style="list-style-type: none"><li>• Revision</li></ul>
15			<b>End Of Term Examinations</b>
<b><u>Term 2</u></b>			
1 - 8			<ul style="list-style-type: none"><li>• Role of Physical Education; National Development; Development of National Sport.</li><li>• Technology and Sport; Media and Sport; Sportsmanship</li></ul>
9 - 11			<ul style="list-style-type: none"><li>• Revision; Past Paper Questions; Format; Sections; Essay construction. External Sports; Rules and Knowledge of Selected Sports.</li></ul>
12			<b>Mock Exams</b>
<b>Term 3</b>			
1-3			<b>External Practical</b>