



# SPORTS, EXERCISE & HEALTH SCIENCE

INTERNATIONAL  
BACCALAUREATE

## WHY SHOULD I STUDY IB SPORTS, EXERCISE & HEALTH SCIENCE?

Sports, Exercise and Health Science is a course that can lead to a career in the cutting-edge industry of sports science and technology. If you have a real passion for sport and have an interest in Human Biology and how Science can develop human performance, then you will adore this subject. You will have the opportunity to investigate your own performance levels as well as that of elite individuals and learn about how they got there and, possibly, how you can work towards that yourself.

## WHAT WILL I LEARN ABOUT?

The course is exceptionally challenging in every sense. We cover similar content to that of the Human Biology aspect of the Biology course, however we then go into much more depth as we delve into the biological adaptations that can occur through specific training methodology. The units themselves are entitled; Anatomy, Exercise Physiology, Energy Systems, Movement Analysis, Skill in Sport and Movement and Measurement of Human Performance. You will also have opportunities, at Higher Level, to investigate Genetics and the Endocrine System amongst others. The course is scientific in nature so you shall be expected to conduct experiments before presenting and interpreting the gathered data as part of the internal assessment.

## HOW WILL I BE ASSESSED?

There are three examinations that will be sat, to include multiple-choice, short answer, extended answer and data analysis questions. The papers carry a weighting of between 20% and 35%. The Internal Assessment carries 20% as well as the Group 4 project which brings all the Science groups together to present on a topic of their choice.

## WHAT SKILLS WILL I DEVELOP?

You will develop the ability to critically analyse data that is both gathered yourself as well as presented with. You will also gain further skills in investigative practices around the improvement of sports performance. The aim is that much of the learning time is dedicated to practical and/or groupwork mini projects, therefore your leadership and communication skills are enhanced.

## WHERE COULD THIS SUBJECT TAKE ME IN THE FUTURE?

Many of our pupils have opted for the course because they have a passion for sport and human performance and would prefer to follow this route than the more general approaches of Biology, Chemistry or Physics. It provides a fantastic foundation for Sports based study at university as well as careers in elite sport at professional sports clubs.

