

Course outline WJEC PE and Sports Coaching

Course Structure / Units

There are **3 mandatory units**.

Unit	Title	What it's about	Assessment Type / Weighting
Unit 1:	Fitness for Sport	Covers components of fitness; how to test them; principles of fitness & training programmes; how physical fitness affects performance.	External exam (on-screen). ~1h30. 40% of total qualification.
Unit 2:	Improving Sporting Performance	Analysing performance, identifying areas for improvement, applying methods to improve skills & performance.	Controlled assessment (coursework) internally assessed & externally moderated. ~30% of qualification.
Unit 3:	Coaching Principles	Planning, leading, evaluating coaching sessions; understanding roles, responsibilities and how coaching can differ for different groups.	Controlled assessment (coursework, plus practical/video evidence). ~30% of qualification.

Skills / Knowledge Gained

By completing this qualification, students are expected to:

- Understand how physical activity, sport, and coaching contribute to **health, fitness, wellbeing**.
- Understand theoretical factors affecting sport performance (fitness, training theory, biomechanics, etc.).
- Develop practical coaching skills: planning, delivering, evaluating sessions.

- Learn how to assess own performance or others' performance, identify improvements.
 - Improve organisation, communication skills (as coaching often requires these), and possibly creativity/innovation in how to coach different people/groups.
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Assessment

- **External exam:** Unit 1 is assessed by written/onscreen examination. Questions include short and extended responses, often based on stimuli (e.g. audio-visual).
- **Controlled assessments / Internal assignments:** Units 2 & 3 are internally assessed, marked by the school (or centre), but externally moderated by WJEC. May involve coursework, video evidence (especially for the coaching/practical side).
- **Grading:** The qualification offers Level 1 and Level 2 grades. Level 2 includes Pass, Merit, Distinction, Distinction*; Level 1 similarly. Equivalent roughly to GCSE grades (at Level 2) in terms of recognition.