

Sports, exercise and health science

What is Sports, Exercise and Health Science?

The IBDP course in sports, exercise and health science involves the study of the science that underpins physical performance. The course incorporates the traditional disciplines of anatomy and physiology, biomechanics, psychology and nutrition.

What skills would I develop as a learner?

- Develop an ability to analyse, evaluate and synthesize scientific information.
- Develop experimental and investigative scientific skills.
- Develop and apply the student's information and communication technology skills in the study of health science.
- Develop an appreciation of the possibilities and limitations associated with health science and scientists.

Are there any difference between SL & HL?

The distinction between SL and HL is one of breadth and depth. For SL 150 hours & for HL 240 hours devoted to teaching. There are additional topics in the curriculum for higher level students.

What is the curriculum of Sports, Exercise and Health Science?

The curriculum model of the SEHS course is divided into theory and practical work. The study of theory is further subdivided into core subjects and options as given below. Practical work involves applying the theory learnt into practice, both in the laboratory and field. There are **six compulsory topics** in the core : Anatomy, Exercise physiology, Energy systems, Movement analysis, Skill in sports, Measurement and evaluation of human performance. There are **seven additional topics** for higher level : Further anatomy, The endocrine system, Fatigue, Friction and drag, Skill acquisition and analysis, Genetics and athletic performance, Exercise and immunity. In addition,, students are required to study **any two options** (out of total four options) : A. Optimizing physiological performance B. Psychology of sports C. Physical activity and health D. Nutrition for sports, exercise and health

How does assessment look like in Sports, Exercise and Health Science?

For Internal assessment - the performance of students is internally assessed by the teacher and externally moderated by the IB. The internal assessment criteria are design, data collection and processing, conclusion and evaluation, manipulative skills and personal skills. The weightage of Internal assessment is 20%. External assessment consist of three written paper having a combined weightage of 80%.

How will Sports, Exercise and Health Science course help me later?

The study of SE and HS can be a gateway to a career in a host of sport, exercise and health related professions. The worldwide growth of employment in sport, exercise and health related jobs over the last four decades have been significant and exponential. Those students with aspirations of studying at college and university will find a wide range of undergraduate course where a knowledge and understanding of this subject is relevant. A few examples include Physical education, Coaching science, Physiotherapy, Public health and Applied sports science.