

# The Abbey School

## Sixth Form



### Sports, exercise and health science (SEHS)- IB

SEHS is the scientific study of all that underpins physical performance. The course is underpinned by rigorous scientific principles, allowing students to enquire further in to the fascinating workings of all elements of human performance. The topics and disciplines studied are wide ranging, such as anatomy and physiology, biomechanics, psychology and nutrition. SEHS topics at IB are taught by various members of the PE department.

Students gain robust skills, including the opportunity to carry out practical, experimental investigations, as well the valuable written and verbal skills of critical analysis to allow them to write delve deeper in to human systems and international issues in applied settings.

### Syllabus Content

IB SEHS collates the concepts of bio-chemistry, psychological and sociocultural influences in relation to human performance, physical activity and exercise. The syllabus content is wide ranging:

- 01) Core: six compulsory topics, which focus upon the workings of human systems and the measurement and evaluation of performance.
- 02) Options: from a selection of four, students are required to study any two options.
- 03) Internal assessment: students are required to carry out a practical investigation, and formulate their own results, on a topic which they are invested and interested in.

### Assessment

Paper 1 (multiple-choice): 45 minutes, 20% SL (core); 1 hour, 20% HL (core and additional higher-level)

Paper 2 (short and extended response questions): 1 hour 15 minutes, 35% SL (core); 2 hours 15 minutes, 35% HL (core and additional higher-level)

Paper 3 (options): 1 hour, 25%, SL; 1 hour 15 minutes, 25% HL

Internal assessment: 20%