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CAPE® Physical Education & Sport Free Resources

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Physical Education and Sport

Physical Education as an integral part of the general education process contributes to an individual's awareness and understanding of the elements and dimensions of movement and forms the basis for the learning of sport skills. Sport, on the other hand, is viewed as a vehicle for the enhancement of fundamental motor skills and the development of complex skills learnt through a properly structured Physical Education and Sport programme. It is governed by formal or informal rules that involve competition and may be pursued for recreation or reward while promoting healthy lifestyle practices.

The study of CAPE Physical Education and Sport will allow students to be exposed to an essential and integral component of a balanced, active and healthy lifestyle. Students will also be aware of the importance of equipping Caribbean persons with the knowledge, skills and competencies to undertake and sustain the development of the rapidly evolving sporting sector. This will lead to the goal of wealth creation by attracting investors, job creation and other economic opportunities.

This syllabus is designed to provide in depth knowledge, skills and competencies that are required for further studies and for the world of work.

The Physical Education and Sport Syllabus is made up of a Compulsory Core and two Options. The Compulsory Core is organised in two (2) Units.

A. CORE

UNIT 1: Fundamentals of Physical Education and Sport

Module 1 - Functional Anatomy and Training Theory

Module 2 - Sociological Aspects of Sport

Module 3 - Sport Psychology

UNIT 2: Application of Physical Education and Sport

Module 1 - Biomechanics

Module 2 - Sport Management

Module 3 - Technology and Innovation

B. OPTIONS

Each candidate must choose ONE sport from OPTION A for Unit 1 and ONE sport from OPTION B for Unit 2.

Option A: Dance, Gymnastics, Martial Arts/Combative Sports, Swimming, Track and Field/Athletics, Badminton, Golf, Squash, Table Tennis, Tennis

Option B: Basketball, Cricket, Football, Hockey, Netball, Rugby, Volleyball, Softball/Baseball.