

IB Sports, Exercise and Health Science



Introduction:

IB Sports, Exercise and Health Science (SEHS) is a science course that focusses on various parts of biology, chemistry, physics and psychology to give a clear and detailed understanding of how our minds and bodies work together to produce sporting performance.

The IB SEHS course addresses questions such as:

- Why does sprinting for 10 seconds leave me out of breath for several minutes?
- How does mental toughness contribute to sporting performance?
- Why does spinning a ball make it curve through the air?
- Why I am always getting injured in my sport and what can I do about it?

As a science, IB SEHS has an experimental and investigative component which involves investigating how a range of different factors affect specific, measurable, aspects of sporting performance.

Course structure:

There are three main units in the IB SEHS course:

- A: Exercise physiology and the nutrition of the human body.
- B: Biomechanics
- C: Sports psychology and motor learning

The theoretical components of the course comprise about 180 hours of learning time, with a further 60 hours of time dedicated to the practical, investigative aspects of the course.

Entry requirements:

To be admitted onto this course you will need to meet the following requirements:

- Grade 6+ in GCSE Combined Science or GCSE Biology

Careers:

The IB SEHS course can help to unlock a wide range of future careers including:

- Dietitian
- Nutritionist
- Exercise physiologist
- Performance analyst
- Physiotherapist
- Clinical scientist
- Cardiac scientist
- Sports psychologist
- Sports coach
- Personal trainer

Assessment:

Internal assessment (24%):

- Individual investigation – students collect and analyse data to answer a research question of their choosing.

External assessment (76%):

- Paper 1 (1 h 45 m):
 - 1A – Multiple choice questions
 - 1B – Data-based questions
- Paper 2 (2h 30 m):
 - Short answer and extended-response questions.

