

LCPE

Worth 100 points in the Leaving Certificate like any other subject!

COURSE STRUCTURE

50% theory:

sports psychology, nutrition, goal-setting, technology in sport, performance analysis, how to train in order to improve performance, gender in sport, business in sport, adapted sport - e.g. wheelchair basketball

50% practical: Further broken down into 2 projects.

1. 20% PAP - you gather information about your own performance in a sport, and put a 6 week plan in place to improve your performance. Due in Dec of 6th year.
2. 30% Performance Assessment: DANCE! Due in March 6th year.

WHO SHOULD PICK LCPE?

LCPE is designed for the athletes among you, to all of you who love and play sport - the girls who give so much of their time to training in sport and/or dance inside and outside of school, who are interested in participating in sport and physical activity and who love watching and getting involved in sport – as a participant, a coach and a spectator.

LCPE offers the chance for the athletes among you to study something you love and be rewarded for all the years of commitment and dedication to your local clubs and teams.

LCPE focuses on the theory underpinning performance in sport and physical

HOW DOES LCPE RELATE TO OTHER SUBJECTS?

Some of the learning in LCPE will be useful in a range of subjects including home economics, physics, chemistry, biology, English, business.

HOW WILL LCPE BE USEFUL TO ME LATER IN LIFE?

Your learning in LCPE will inform how you participate in sport and physical activity in your adult life.

You will find LCPE useful if you want to study physical education, sports science, psychology, media studies, technology, journalism, leisure and recreation, social work and many other.

Remember even if any of the careers above are not the ones you want to pursue, LCPE is a subject worth 100 points, just like every other subject.

STUDENT COMMENT

I love LCPE. It's a great subject to choose for your leaving cert. One thing I would advise you, is that you need to have an interest in sports and enjoy watching sports. It is also a great subject for practical work since you have 50% of your exam already completed before sitting the actual exam which is a big bonus for people who perform well in the practical end of things.

Some people may think that LCPE is all about sports and how they are played, but there is so much more to it than that. You get to learn about nutrition and how athletes react to mistakes and how to improve certain skills to make you a better athlete in a particular sport.

STUDENT COMMENT

I was persuaded to study LCPE because I play sports and I was really interested about learning more about different types of sports and how the body works while playing it. Now that I've actually started studying it, I am so glad that I did because I have learned so much more than I thought I would. And even as a Gaelic and Basketball player I see all the things we have learned being applied and this makes everything seem so cool because now as an athlete and as an LCPE student I can now progress further in my studies and get better in both of my sports. I am honestly so glad that I did choose it a one of my subjects.

BE WARNED! IT IS A GREAT CHOICE IF YOU LIKE SPORT!

As one student commented 'I really enjoy how much I can put the things we learn in class into practice and relate them to sports I've played. It's easy to understand and it's basically like putting fancy terms on things we already know'.

However, all my current students commented that it is **NOT** a subject to pick if you do not play for a team, dance with a group or participate in physical activity regularly.

SUMMARY!

To sum up – if you play sport/dance and are interested in sport and physical activity, this is definitely the subject for you.

To clarify, you will still have your normal PE time with your class group. LCPE is separate and is timetabled like any other LC subject!

If you have any questions in relation to LCPE or if you are struggling to decide if it is the right choice for you please feel free to ask me or email me your questions kateobyrne@stlouisdundalk.ie