What is Physical Education all about?
The Physical Education course is designed to allow students to look at the relationships between the human body, lifestyle and the vast array of physical activities. Students gain knowledge through the balance of theoretical study, practical experience and application.

Areas of Study:

Unit 1:
• Musculoskeletal system
• Cardiovascular and respiratory systems
• Factors affecting physical activity

Unit 2:
• Participation in physical activity
• Developing and promoting active lifestyles
• Issues related to sport and physical activity

Unit 3:
• How are movement skills improved?
• How does the body produce energy?

Unit 4:
• What are the foundations of an effective training program?
• How is training implemented effectively to improve fitness?

Type of Assessments in this subject:
• Data analysis
• Tests
• Examinations
• Application tasks
• Summary books
• Structured questions
• Written report
• Laboratory reports
• Video analysis
• Multimedia presentation
• Case study analysis

Key Skills developed through this area are:
• Data interpretation and analysis
• Personal health and knowledge skills
• Identification of body structures
• Analysis of skills and performances
• Knowledge to improve skills performance and fitness

Possible Occupations that could relate to this study include:
Medical Practitioner  Physiotherapist  Chiropractor  Massage Therapist
Naturopath  Allied Health  Youth Worker  Health Promotion Officer
Sports Coach/Trainer  Physical Education Teacher (Secondary or Primary)

Additional Information:
Physical Education Units 1 and 2 are designed to prepare students for Physical Education Units 3 and 4. Students do not necessarily have to participate in sports outside of school, however an interest in sports and physical activity is recommended, as Physical Education relies on theory concepts being related to practical examples. Physical Education is more theoretical than practical.