

VCE Physical Education

Physical Education helps students to understand the interrelationship between how the body works, produces movement and therefore creates ideal skills, how to train the body to achieve optimal performance, along with what affects our physical activity levels.

Unit 1 & 2	Unit 3 & 4
<p>In Unit 1 & 2 you will:</p> <ul style="list-style-type: none"> • Study the body systems – skeletal, muscular, cardiovascular and respiratory • Develop an understanding of how the body systems work together to create movement • Investigate factors that impact on the effective functioning of the body systems • Investigate physical activity levels – individually and nationally and the minimum standards for age groups • Investigate factors that are barriers and enablers to physical activity levels – personally, locally, nationally and globally • Participate in practical activities linked to the theory being studied 	<p>In Unit 3 & 4 you will:</p> <ul style="list-style-type: none"> • Learn how to analyse an athlete's technique and correct it • Understand where the body gets its energy from; links to fatigue and recovery methods that can be used • Evaluate a sports performance to determine the major fitness components; then develop a training program to improve identified weaknesses • Understand other influences on performance that are not physiological, and how to use them to enhance performance
Types of assessment	Class Activities
<ul style="list-style-type: none"> • Structured questions (tests) • Data analysis • Practical activity reports • Written reports or written plans • Physical activity analysis • Research Inquiry • Extended responses • Case Study analysis 	<ul style="list-style-type: none"> • Practical activities linked to theory – no games or skill development • Data collection and analysis • Group work • Designing of programs • Tests • Quizzes • Class discussions • Book work – answering questions

Careers that may link to this subject area

Activities Co-ordinator
Nurse
Primary School Teacher
Sports Administrator

Exercise Physiologist
Occupational Therapist
Rehabilitation Specialist
Sports Coach

Fitness Instructor
Personal Trainer
Secondary School Teacher
Sports Statistician

Health Researcher
Physiotherapist
Sport and Exercise Scientist
Sports Trainer

