**PHYSICAL EDUCATION**

Physical Education examines the biological, physiological, psychological, biomechanical, social and cultural influences on performance and participation in physical activity.

The study prepares students for such fields as the health sciences, exercise science and education, as well as providing valuable knowledge and skills for their own participation.

# **ENTRY:** There are no prerequisites for entry into Units 1, 2 and 3. It is an advantage to complete Units 1 and 2 before Unit 3. Students must undertake Unit 3 before Unit 4.

**UNIT 1: Bodies In Motion**

This unit explores how the body systems work together to produce movement and analyses this motion using biomechanical principles. Through practical activities students explore the relationships between the body systems, energy pathways and physical activity.

Areas covered include: human systems – muscular, skeletal, articular, cardiovascular and respiratory; energy systems; biomechanics principles - Newton’s laws of motion, levers, transfer of momentum, projectile motion, angular motion, balance and stability.

**UNIT 2: Sports Coaching and Physically Active Lifestyles**

This unit explores a range of coaching practices and their contribution to effective coaching and improved performance of an athlete. By studying various approaches and applying this knowledge to a practical session, students gain a practical insight into coaching. Students are also introduced to physical activity and the role it plays in health and wellbeing.

Areas covered include: types of skill; stages of learning; skill learning principles; roles and responsibilities of coaches; codes of conduct; coaching methods and techniques; benefits of physical activity; health risks associated with inactivity; National Physical Activity Guidelines; factors facilitating participation; and barriers to participation.

**ASSESSMENT: Unit 1 and 2**

Each unit will have three graded assessment tasks (A to E). Assessment tasks include practical laboratory reports, exams, research reports, data analysis, written reports, and multi-media tasks and peer-teaching.

**UNIT 3: Physical Activity and Physiological Performance**

This unit introduces students to an understanding of physical activity and sedentary behaviour from a participatory and physiological perspective. Students investigate the characteristics of energy systems and the interplay of the systems during physical activity.

Areas covered include: methods to assess activity; organisations promoting adherence to the NPAG, strategies to influence physical activity**,** acute responses to exercise, characteristics and interplay of energy systems, fuels, and fatigue and recovery methods.

**UNIT 4: Enhancing Performance**

In this unit students undertake an activity analysis to establish fitness components. They participate in a training program to improve selected components. Students critically evaluate different techniques and practices that can be used to enhance performance.

Areas covered include: fitness components, activity analysis, assessment of fitness, training principles, training methods and chronic adaptations to training, nutritional strategies, hydration techniques, recovery strategies, psychological strategies and legal and illegal substances and methods that enhance performance.

**ASSESSMENT: Unit 3 and 4**

School-assessed coursework and an end-of-year examination

* Unit 3 school-assessed coursework: 25 per cent (three assessment tasks)
* Unit 4 school-assessed coursework: 25 per cent (three assessment tasks)
* Units 3 and 4 examination: 50 per cent