Physical Education Studies contributes to the development of student’s physical, social and emotional growth. Students learn about physiological, psychological, and biomechanical principles and apply these to analyse and improve personal and group performances in physical activities.

Physical Education Studies 1AB

Recommended Background
C grade minimum in Year 10 Physical Education. Students must have demonstrated an ongoing positive attitude to physical activity during lower school years.

Practical Component
Within this course students will study a variety of team and individual sports.

Course Content (1A)
During this course students will:
- Develop and apply basic skills associated with chosen sports;
- Understand the basic process of coaching/teaching a skill;
- Understand the phases of learning and the classifications of motor skills;
- Identify the major bones in the human body;
- Understand the reasons for learning biomechanics;
- Understand components of fitness and apply simple tests to measure these; and
- Identify and apply characteristics of warm-up and cool down.

Course Content (1B)
During this course students will:
- Identify fundamental tactical problems associated with specific types of physical activity;
- Understand the different physical activity classifications;
- Explain the structure and function of the circulatory and respiratory systems;
- Identify the major skeletal muscles in the human body;
- Understand the basic biomechanical principles relating to motion;
- Define anaerobic and aerobic energy systems; and
- Understand the elements of a training session.

Physical Education Studies 1CD

Recommended Background
Satisfactory completion of Physical Education Studies 1AB. Students must have demonstrated an ongoing positive attitude to physical activity during lower school years.

Practical Component
Within this course students will study a variety of team and individual sports.

Course Content (1C)
During this course students will:
- Adjust and apply basic movement skills and techniques in response to simple tactical problems;
- Develop a basic understanding of the production of movement;
- Understand the aerobic and anaerobic energy systems used during physical activity;
- Identify simple tests to measure the capacity of aerobic and anaerobic energy systems;
- Identify strategies to prevent sports injuries;
- Explain the structure and function of the circulatory and respiratory systems;
- Identify the major skeletal muscles in the human body;
- Understand the basic biomechanical principles relating to motion;
- Define anaerobic and aerobic energy systems; and
- Understand the elements of a training session.

Physical Education Studies 2AB

Recommended Background
It is recommended that students studying Physical Education...
Physical Education Studies

Studies 2AB should have achieved a B grade or higher in lower school Physical Education. All students studying this course should have a keen interest in sport and recreation.

Practical Component

Within this course students will focus on one sport per unit. Possible sporting contexts include Hockey and Touch Rugby. Student interest and staff expertise will determine sporting contexts.

Course Content (2A)

During this course students will
- Evaluate, match and refine skill technique to changing situational demands in modified competitive situations;
- Understand the classification of motor skills and phases of motor learning;
- Understand the phases of information processing during skill performance;
- Understand the skeletal and muscular structure used in the production of movement and apply the correct terminology;
- Understand the structure and function of the circulatory and respiratory systems;
- Understand linear and angular kinematics;
- Identify the body’s immediate response to physical activity and long term adaptations response to training;
- Identify the relationship between food, energy and movement; and
- Evaluate the mental skills required for improving performance.

Course Content (2B)

During this course students will
- Identify and implement tactical problems varying in complexity and apply these to solve problems in a selected sport;
- Understand the types of feedback and their purpose;
- Define the characteristics of skeletal muscle tissue and describe its relationship to the production of movement;
- Identify types of joints and their associated movements;
- Define and apply Newton’s 1st, 2nd and 3rd laws of motion;
- Understand the principles of balance;
- Understand the coordination of linear motion;
- Understand the relationship between energy systems and physical activity; and
- Explain the interrelationship between training types, fitness components and the principles of training.

Physical Education Studies 3AB

Recommended Background

Students studying Physical Education Studies 3AB should have successfully completed Physical Education Studies 2AB in Year 11.

Practical Component

Within this course students will focus on one sport per unit. Possible sporting contexts include Basketball, Volleyball and Badminton. Student interest and staff expertise will determine sporting contexts.

Course Content (3A)

During this course students will
- Analyse proficiency of movement skills in a selected sport;
- Define transfer of learning and understand its effects;
- Evaluate the different types of transfer and their impact on skill execution and movement efficiency;
- Analyse movement skills of self and others and design coaching/teaching programs to improve performance;
- Define and relate the following biomechanical principles: momentum, impulse momentum, coefficient restitution, levers, moment of inertia and angular momentum;
- Understand and describe the microstructure of skeletal muscles and how they contract;
- Understand the relationship between muscle contraction and the amount of force exerted;
- Investigate the relationship between nutritional requirements and energy demands during physical activity; and
- Understand the implications of preparing and performing in different environmental conditions.

Course Content (3B)

During this course students will
- Adapt and implement strategic responses varying in complexity to situational demands in modified competitive practical situations;
- Analyse and reflect on self and others’ performance;
- Explain and apply fluid mechanics such as spin, Bernoulli’s principle and drag in specific physical activities;
- Understand the role of the neuromuscular systems in relation to muscle function;
- Identify fast and slow twitch fibres and their relationship to physical performance types;
- Critically evaluate training programs designed to improve performance; and
- Analyse mental skills strategies used pre, during and post performance to manage stress, motivation, concentration, arousal levels and self-confidence.