

## 9. Year 12 Subjects 2011 (Physical Education)

---

### VCE Physical Education

#### Unit 3: Physical activity participation and physiological performance

##### *Areas of Study:*

In Unit 3 there are three areas of study:

- Monitoring and promotion of physical activity - This area of study uses subjective and objective methods for assessing the student's own and another cohort's physical activity and sedentary levels.
- Physiological responses to physical activity - In this area of study students explore the various systems and mechanisms associated with the energy required for human movement. They consider the cardiovascular, respiratory and muscular systems and the roles of each in supplying oxygen and energy to the working muscles.

##### *Assessment:*

Unit 3 consists of two outcomes:

- Outcome 1 - Students should be able to analyse individual and population levels of sedentary behaviour and participation in physical activity, and evaluate initiatives and strategies that promote adherence to the National Physical Activity Guidelines.
- Outcome 2 - Students should be able to use data collected in practical activities to analyse how the major body and energy systems work together to enable movements to occur, and explain the fatigue mechanisms and recovery strategies.

##### *Assessment Break-Down:*

Outcome 1 and 2 must be completed in specific ways:

- Outcome 1 -
    - A response in one or more of the following forms, which focuses on strategies aimed at increasing physical activity levels:
      - ❖ a practical laboratory report; a case study analysis; a data analysis; a critically reflective folio/diary of participation in practical activities; a visual presentation; a multimedia presentation.
  - Outcome 2 -
    - A response in one or more of the following forms, which focuses on the acute effects that physical activity has on the cardiovascular, respiratory and muscular systems of the body:
      - ❖ a practical laboratory report; a case study analysis; a data analysis; a critically reflective folio/diary of participation in practical activities; a visual presentation; a test
- AND
- A practical laboratory report analysing the relative contribution of the energy systems and associated fatigue mechanisms and recovery strategies used in various activities.

## 9. Year 12 Subjects 2011 (Physical Education)

---

### VCE Physical Education (Cont...)

#### Unit 4: Enhancing performance

##### *Areas of Study:*

This unit has two areas of study:

- Planning, implementing and evaluating a training program - This area of study focuses on the components of fitness and assessment of fitness from a physiological perspective.
- Performance enhancement and recovery practices - This area of study explores nutritional, physiological and psychological strategies used to enhance performance.

##### *Assessment:*

Unit 4 consists of two outcomes:

- Outcome 1 – Students should be able to plan, implement and evaluate training programs to enhance specific fitness components.
- Outcome 2 – Students should be able to analyse and evaluate strategies designed to enhance performance or promote recovery.

##### *Assessment Break-Down:*

Outcome 1 and 2 must be completed in specific ways:

- Outcome 1 -
  - A written report that includes a plan and evaluation of a six-week training program with reference to an activity analysis, fitness testing and a training diary, designed to enhance specific fitness components.

AND

  - A response in one or more of the following formats, which links chronic adaptations of the cardiovascular, respiratory and muscular systems to training methods and improved performance:
    - ❖ a case study analysis; a data analysis; a critically reflective folio/diary of participation in practical activities; a practical laboratory report; a visual presentation; a test.
- Outcome 2 -
  - A response in one or more of the following formats, which identifies and evaluates various strategies and practices that are used to enhance performance:
    - ❖ a practical laboratory report; a case study analysis; a data analysis; a media analysis; a test.

## 9. Year 12 Subjects 2011 (Physical Education)

---

### VCE Physical Education (Cont...)

#### Graded Assessment – Units 3 and 4

- Unit 3 School-Assessed Coursework: 25%
- Unit 4 School-Assessed Coursework: 25%
- Units 3 and 4 End-of-year Examination: 50%

#### Other Information

- Physical Education does NOT have a mid-year Exam, but a Practice Exam is held during the third week of the July term break. Other practice exams are also held during Semester Two. It is important that students take every opportunity to ready themselves for the final examination.

#### Entry – Units 3 and 4

There are no entry requirements for students to get into Unit 3 Physical Education. However, it is preferable if students complete one or both of Unit 1 and 2 Physical Education prior to attempting to complete the Unit 3 and 4 progression. Students must complete Unit 3 before completing Unit 4.