

Health & Physical Education: Year 10 Units (information for school portal)

Year 10 FITNESS:

This unit includes the following areas of study:

- Components of fitness
- Fitness testing procedures (measuring performance)
- Body Systems (skeletal, muscular, circulatory & respiratory)
- Energy requirements
- Diet & Nutrition
- Warm Up / Cool down procedures
- Designing a fitness training program (training principles & methods)



Equipment and Text:

There is no textbook, however students will require an exercise book and display folder.

There is a cost of \$50 for scheduled excursions e.g. local fitness centre.

Special Comments:

This unit involves both practical and theory components. Students will participate in Pre and Post Fitness Testing. They will also be involved in a 5 kilometre training program in and around school and attend a local fitness centre (circuit based activities). Team sports with a specific fitness focus are also included.

Students will complete research activities over the course of the semester, which culminate in designing a fitness training program on a sport of their own choice.

This unit would be excellent preparation for VCE Physical Education as it covers work relating to one or more of the VCE Physical Education Units 1 – 4.