

PHYSICAL EDUCATION

- **Unit 1: The human body in motion**
- **Unit 2: Physical activity, sport and society**
- **Unit 3: Movement skills and energy for physical activity**
- **Unit 4: Training to improve performance**



PHYSICAL EDUCATION

UNIT ONE: The human body in motion

In this unit students combine practical activities with theory sessions to:

- Explore the musculoskeletal and cardiorespiratory systems.
 - Investigate factors which enable or act as barriers to movement and participation in physical activity.
 - Evaluate the social, cultural and environmental influences on movement.
 - Consider the implications of the use of legal and illegal practices to improve the performance, evaluating perceived benefits and describing potential harms.
 - Recommend and implement strategies to minimise the risk of illness or injury to each body system.
- **Area of Study 1: How does the musculoskeletal system work to produce movement?**
- **Area of Study 2: How does the cardiorespiratory system function at rest and during physical activity?**

PHYSICAL EDUCATION

UNIT TWO: Physical activity, sport and society

In this unit students combine practical activities with theory sessions to:

- Develop an understanding of physical activity, sport and society from a participatory perspective.
- Learn about the role participation in physical activity and sedentary behaviour plays in the health and wellbeing of individuals and groups of people.
- Explore different types of physical activity and the health benefits associated with them.
- Investigate the Australian Physical Activity and Sedentary Behaviour guidelines
- Study a range of Physical Activity Promotion Models relating to physical activity.
- **Area of Study 1: What are the relationships between physical activity, sport, health and society?**
- **Area of Study 2: What are the contemporary issues associated with physical activity and sport?**

PHYSICAL EDUCATION

KEY INFORMATION:

VCE Physical Education explores the complex interrelationships between anatomical, biomechanical, physiological and skill acquisition principles to understand their role in producing and refining movement, and examines behavioural, psychological, environmental and sociocultural influences on performance and participation in physical activity.

POSSIBLE CAREERS:

- **Paramedical services**
- **Fitness industry**
- **Exercise physiologists**
- **Teaching**
- **Sports coaching**
- **Human movement**
- **Sport and recreation officers**

