Faculty of Health

VCE Physical Education
2018 Program

Federation University Australia, is home to one of the largest and most highly regarded physical education teaching programs in Australia. Over 500 VCE Physical Education students participate in our VCE PE programs each year.

Outline

Each unit is uniquely timed to fit in with the VCE curriculum, using sophisticated equipment and facilities that allow students to actively participate in each learning activity. These practical and engaging activities examine the key knowledge and skills required in the areas of study.

We invite you to bring your VCE Physical Education students to enhance their learning through cutting edge laboratories, where facilitators will present theoretical concepts and current research, as well as demonstrate state of the art sports science equipment.

Limited spaces available — so don’t miss out!

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CRICOS Provider No. 00103D - National RTO Code: 4909
Units available

Students will participate in two 75 minute laboratories that reflect the unit of study.

The following units are available for your students to participate in:

**Unit 1: The human body in motion**

**Laboratory 1: Body systems to produce movement (75 mins).**
- The structure and function of the skeletal and muscular systems including bones and muscles of the human body, classification of joints and joint actions
- Types of muscular actions, agonists, antagonists and stabilisers and the concept of reciprocal inhibition
- The structure and function of the respiratory system, including the mechanics of breathing and gaseous exchange
- The interrelationship of the cardiovascular and respiratory systems to transport oxygen around the body at rest and during exercise

**Laboratory 2: Enhancing Performance (75 mins).**
- Legal and illegal substances and methods that enhance performance of the musculoskeletal system
- Legal and illegal practices to enhance cardiorespiratory performance
- Actual and perceived benefits and potential harms of legal and illegal substances and methods that enhance performance
- Ethical and sociocultural considerations of legal and illegal practices

**Unit 2: Physical activity, sport and society**

**Laboratory 1: Physical activity, sport, health & society (75 mins).**
- Enablers and barriers of physical activity behaviours including demographic, social, cultural and environmental
- Factors The concepts of physical activity, physical inactivity and sedentary behaviour
- Physical activity and sedentary behaviour guidelines for different stages across the lifespan
- Subjective and objective methods of assessing physical activity and sedentary behaviour

**Laboratory 2: Contemporary issues associated with physical activity and sport (75 mins).**
- Forms, prevalence and trends of physical activity
- The role of different models in evaluating physical activity promotion and sedentary behaviour reduction
- Government, community and personal strategies to promote physical activity
- Physical, social, mental and emotional benefits of regular participation in physical activity

**Unit 3: Movement skills and energy for physical activity**

**Laboratory 1: Biomechanical and Qualitative Movement Diagnosis to improve performance (75 mins).**
- Qualitative movement analysis principles to improve performance
- Biomechanical principles for analysis of human movement
- Practice strategies to improve movement skills
- Feedback to improve performance

**Laboratory 2: Energy Production (75 mins).**
- VO2 max testing to measure oxygen uptake at rest, during exercise and recovery
- Characteristics and interplay of the three energy systems for physical activity
- Fuels required for resynthesis of ATP including their relative contribution at varying exercise intensities
- Acute physiological responses to exercise in the cardiovascular, respiratory and muscular systems

**Unit 4: Training to improve performance**

**Laboratory 1: Foundations of an effective training program (75 mins).**
- Activity analysis, including skill frequencies, movement patterns, heart rates and work to rest ratios
- Definitions and factors affecting fitness components
- Assessment of fitness components
- Methods of standardised and recognised fitness testing

**Laboratory 2: Implementing training effectively to improve fitness (75 mins).**
- Training program principles to improve fitness
- Training methods to improve fitness
- Nutritional and rehydration recovery strategies
- Chronic training adaptations to the cardiovascular, respiratory and muscular systems

**Program bookings**

Please complete the booking form and return via email to confirm your attendance.

**Further information**

For more information please contact Stacie Gallagher from Faculty of Health at vcepe.program@federation.edu.au