

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.

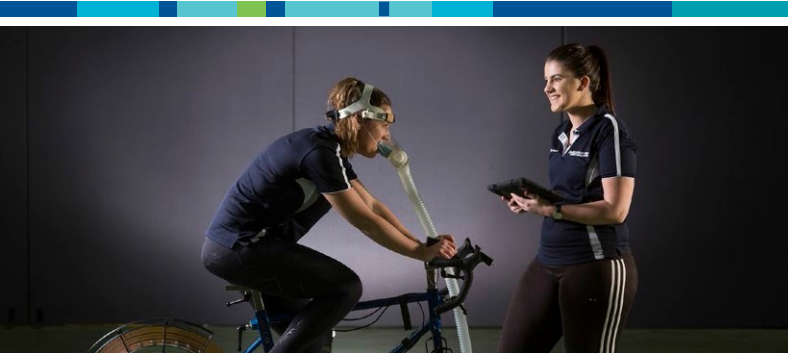
Limited spaces available — so don't miss out!

Semester 1 12th – 16th February

Unit 1:	The human body in motion
Unit 3:	Movement skills and energy for physical activity

Semester 2 23rd – 27th July

Unit 2:	Physical activity, sport and society
Unit 4:	Training to improve performance



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

Programbookings

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

