

# VCE Physical Education 2022 Program - Ballarat campus



Federation University delivers highly regarded study programs in Sport including our Exercise & Sports Science and Health/PE Teaching Bachelor degrees. Did you know that over 1000 VCE Physical Education students visit Federation University campuses each year as a part of their VCE experience?

## VCE PE Program Outline

Each program presentation 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 lecturers and experts will present theoretical concepts and current research, as well as demonstrate state of the art sports science equipment.

**Limited spaces available — Don't miss out!**

### Semester 1 14 – 18 February

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

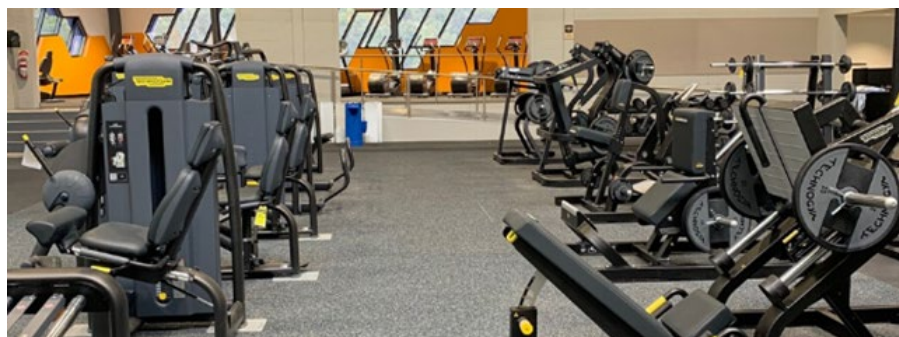
- Improving movement skills
- Physiological responses to training

### Semester 2 18 – 22 July


**Unit 4:** Training to improve performance

- Planning, Implementing and evaluating a training program
- Performance Enhancement and recovery practices

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## Units covered

Students will participate in two 75-minute laboratories that reflect the unit of study featured here: 

## Program bookings

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



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

### Laboratory 1: Improving movement skills (75 mins)

Analysis and Classification of movement skills including fundamental movement skills, sport specific skills etc.

Types of feedback relative to movement

Biomechanical principles and their relationship with the analysis of human movement

Qualitative analysis of a movement skill using video and systematic observation

### Laboratory 2: Physiological responses to physical activity (75 mins)

VO<sup>2</sup>max testing to measure oxygen uptake at rest, during exercise and recovery

Acute responses to exercise in the cardiovascular, respiratory and muscular systems

Characteristics and interplay of the three energy systems

Relative contributions of the energy systems and fuels used to produce ATP

## Unit 4: Training to improve performance

### Laboratory 1: Planning, implementing and evaluating a training program (75 mins)

Fitness components: definitions and factors that affect fitness components

Assessment of fitness, including aims and protocols of recognised fitness tests

Measurement of maximal oxygen uptake (VO<sub>2</sub> max testing)

Fitness training principles and methods

### Laboratory 2: Performance enhancement and recovery practices (75 mins)

Nutritional strategies used to enhance performance and improve recovery

Hydration techniques to enhance performance and recovery

Physiological strategies to enhance recovery

Psychological strategies used to enhance performance and aid recovery

## Further information

For more information please contact Stacie Gallagher at: [vcepe.program@federation.edu.au](mailto:vcepe.program@federation.edu.au)