

PHYSICAL EDUCATION

Unit 3

Movement Skills and Energy for Physical Activity

COURSE OUTLINE:

This unit introduces students to the biomechanical and skill acquisition principles used to analyse human movement skills and energy production from a physiological perspective. Students use a variety of tools and techniques to analyse movement skills and apply biomechanical and skill acquisition principles to improve and refine movement in physical activity, sport and exercise. They use practical activities to demonstrate how correct application of these principles can lead to improved performance in physical activity and sport.

AREAS OF STUDY:

- How are movement skills improved?
- How does the body produce energy?

OUTCOMES:

On completion of this unit, students should be able to:

1. Collect and analyse information from, and participate in, a variety of physical activities to develop and refine movement skills from a coaching perspective, through the application of biomechanical and skill acquisition principles.
2. Use data collected in practical activities to analyse how the major body and energy systems work together to enable movements to occur, and explain the factors causing fatigue and suitable recovery strategies.

Compulsory practical participation is required for successful completion of Outcome 2.

ASSESSMENT:

Assessment Tasks Units 3 & 4

- Written tasks
- Written report
- Laboratory report
- Data Analysis
- Tests
- Structured Questions

Assessment for Units 3 & 4: S or N based on the demonstrated achievement of the outcomes specified for the unit.

Unit 3 School-Assessed Coursework: 25%.

Unit 4 School-Assessed Coursework: 25%.

Units 3 and 4 examination: 50%

Unit 4

Training to Improve Performance

COURSE OUTLINE:

In this unit students analyse movement skills from a physiological, psychological and sociocultural perspective, and apply relevant training principles and methods to improve performance within physical activity at an individual, club and elite level. Improvements in performance, in particular fitness, depend on the ability of the individual and/ or coach to gain, apply and evaluate knowledge and understanding of training. Students analyse skill frequencies, movement patterns, heart rates and work to rest ratios to determine the requirements of an activity. Students consider the physiological, psychological and sociological requirements of training to design and evaluate an effective training program.

AREAS OF STUDY:

- What are the foundations of an effective training program?
- How is training implemented effectively to improve fitness?

OUTCOMES:

On completion of this unit, students should be able to:

1. Analyse data from an activity analysis and fitness tests to determine and assess the fitness components and energy system requirements of the activity.
2. Participate in a variety of training methods and design and evaluate training programs to enhance specific fitness components.

Compulsory practical participation is required for successful completion of Outcome 1. This involves the student completing a minimum of five different training methods, along with a selection of fitness tests.

ASSESSMENT:

See Unit 3