

HEALTH & PE

Sports Science

10PES

SUBJECT DESCRIPTION:

This unit will provide students with the background for the understanding required for Year 11 and 12 Physical Education. This course is targeted to students who are planning to do VCE PE and contains more complex content than the General PE courses. Practical classes will include laboratory tasks that complement theory work, as well as a range of minor games.

In this unit, students will study:

- Anatomical movements
- Skeletal system
- Muscular system
- Cardiorespiratory system
- Energy systems

VCE SUBJECT LINKS

Physical Education

THIS SUBJECT ENHANCES LEARNING IN:

Understanding of the way human movement is facilitated during physical activity.

ASSESSMENT:

- Musculoskeletal Test
- Movement of the musculoskeletal system lab report
- Cardiorespiratory Test
- Cardiorespiratory system lab report
- Energy systems assignment
- Exam