

# St George College Senior Secondary Handbook

## PHYSICAL EDUCATION

<b>LEVEL:</b>	Stage 2
<b>TIME ALLOCATION:</b>	Full Year for 6 lessons per week
<b>CORE TEXTS:</b>	“Vitality—VCE Physical Education”

### PROGRAM AIMS:

The fundamental aims of this course are for students to develop a comprehensive framework of skills, knowledge and values related to the world of physical activity. Students will have the opportunity to:

- Develop a strong commitment to making physical education an integral part of their lives
- Improve their performance of physical activities and pursue excellence in selected activities
- Acquire a deeper appreciation of physical activity and its value to society
- Develop an analytical and critical understanding of the physiological, psychological, and sociological aspects of physical education, and apply these to their own practical performance and involvement.

### COURSE CONTENT:

#### Theoretical (50%)

Exercise Physiology  
Sport -The Australian Social Phenomenon  
Sports Medicine & Injury  
Roles & Responsibilities in Sport  
Applied Exercise Physiology

#### Practical (50%)

Volleyball  
Basketball  
Squash/Badminton  
Bushwalking/ Kayaking

\*Practical units may vary due to class size and past experiences of the students involved. Practical topics will be negotiated at the commencement of each year.

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## **ASSESSMENT, HOMEWORK AND STUDY REQUIREMENTS:**

Various forms of summative practical and theoretical assessment activities are conducted to determine a SACE grade (SA, RA or RNM) and a school grade (A – E based on SSABSA guidelines). Formative assessment is included primarily to support student learning prior to summative assessments.

Students will be assessed in the practical, theory, and personal development aspect of the course. Since a principle aim of the course is to develop a deeper appreciation of physical activity in relation to lifestyle and physical health, students will be expected to demonstrate an analytical and critical understanding of the topics presented. Assessment procedures will therefore take account of students' ability to collect, organize, interpret, and articulate information.

An important aspect of the assessment will focus on the students' ability to relate theory topics to practical situations and contemporary social issues relevant to human performance and health.

Students' achievements and performance will be assessed on all theory and practical activities, including individual and group projects relevant to the objectives of the compulsory module, the core module, and the option modules.

By regularly committing 4-6 hours of 'homework' per week, students can be assured the best possible chances for attaining success in this subject.

Beyond the regular homework and study requirements, it is encouraged for students to undertake extra-curricular activities that require initiative and self-reliance. This may include sports participation at club level, sports training, umpiring, coaching or sports leadership, management or organisational pursuits.

Although not a pre-requisite, successful completion of Physical Education at SACE Stage 1 is highly recommended as it incorporates many of the theory components at an introductory level.