



Southern Cross Catholic College

Subject Selection Evening

Physical Education

Course Structure

- Physical Education is a course of study consisting of four units
- Subject matter, learning experiences and assessment increase in complexity from Units 1 and 2 to Units 3 and 4 as students develop greater independence as learners
- Units 1 and 2 provide foundational learning, which allows students to experience all syllabus objectives and begin engaging with the course subject matter
- Students should complete Units 1 and 2 before beginning Unit 3
- It is recommended that Unit 3 be completed before Unit 4

Unit 1	Unit 2	Unit 3	Unit 4
Motor learning, functional anatomy, biomechanics and physical activity <ul style="list-style-type: none">• Motor learning integrated with a selected physical activity• Functional anatomy and biomechanics integrated with a selected physical activity	Sport psychology, equity and physical activity <ul style="list-style-type: none">• Sport psychology integrated with a selected physical activity• Equity — barriers and enablers	Tactical awareness, ethics and integrity and physical activity <ul style="list-style-type: none">• Tactical awareness integrated with one selected 'Invasion' or 'Net and court' physical activity• Ethics and integrity	Energy, fitness and training and physical activity <ul style="list-style-type: none">• Energy, fitness and training integrated with one selected 'Invasion', 'Net and court' or 'Performance' physical activity



Potential Career Avenues

Physical Education is to students who are interested in pathways that lead to tertiary studies, vocational education or work. A course of study in Physical Education can establish a basis for further education and employment in the fields of:

- exercise science
- biomechanics
- the allied health professions
- psychology
- teaching
- sport journalism
- sport marketing and management
- sport promotion
- sport development
- coaching

Prospective Course Opportunities

- Senior PE Camp, Runaway Bay
- Biathlon Assessment Experience Gold Coast, Runaway Bay



Overview

Physical Education provides students with an opportunity to engage in a range of physical activities to develop movement sequences and movement strategies. Students optimise their engagement and performance in physical activity as they develop an understanding and appreciation of the interconnectedness of three dimensions; about, through and in movement contexts (Brown & Penney 2012; Stolz & Thorburn 2017).

In becoming physically educated, students learn to see how body and movement concepts and the scientific bases of biophysical, sociocultural and psychological concepts and principles are relevant to their engagement and performance in physical activity.

Students learn experientially to ascertain relationships between the scientific bases and the physical activity contexts. Students recognise and explain concepts and principles about and through movement, and demonstrate and apply body and movement concepts to movement sequences and movement strategies.

Through their purposeful and authentic experiences in physical activities, students gather, analyse and synthesise data to devise strategies to optimise engagement and performance. They evaluate and justify strategies about and in movement by drawing on informed, reflective decision-making.