

## Course Information

# Health and Physical Education

## Physical Education Studies | PES



### About the course

The focus of unit 1 is the development of students' knowledge, understanding and application of anatomical, physiological and practical factors associated with performing in physical activities.







The focus of unit 2 is the impact of physical activity on the body's anatomical and physiological systems. Students are introduced to these concepts which support them to improve their performance as team members and/or individuals.

### G1PES

#### Unit 1 Anatomical, physiological, and practical factors associated with performing physical activities

The areas students will cover will include developing and applying basic movement skills, patterns, and techniques for the basic processes of coaching and/or teaching a skill. Students will explore major bones that assist with skeletal movement, basic structure and function of the respiratory system and the role of biomechanics to improve performance and prevent sports injuries. Simple tests to measure performance-related fitness components and the skills and strategies required for team building are included.

 <b>Prerequisites</b> Nil	 <b>Type of Assessment</b> 50% Practical (Performance) 25% Investigation 25% Response
 <b>Year of Study</b> Year 11	 <b>Costs</b> \$25