SUBJECT OUTLINE:
In Physical Education, physical activity serves as both a source of content and data and the medium for learning. Learning is based in engagement in physical activity with students involved in closely integrated written, oral, physical and other learning experiences explored through the study of selected physical activities. Physical Education focuses on the complex interrelationships between psychological, biomechanical, physiological and sociological factors in these physical activities.

Through the interrelated concepts of learning in, about and through physical activity students become intelligent performers and physically educated. Students develop skills and understandings that allow them to contribute in an informed and critical way to varied physical activity contexts and roles. Learning is developed in complexity and sophistication over the course, with the development of student abilities across the general objectives that reflect the depth of their skill acquisitions as well as developing psychological, biomechanical, physiological and sociological concepts within and across physical activities. As students study increasingly complex and sophisticated subject matter they are encouraged to further develop as self-directed, interdependent and independent learners.

Of central focus are the four physical activities and the dual role they play as learning experiences, acting as both a source of contest and medium for learning. Students will study the physical activity in both year 11 and 12. Selected physical activities are:

<table>
<thead>
<tr>
<th>Category of Physical Activity</th>
<th>Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Interceptive</td>
<td>Touch Football or Soccer or Oztag</td>
</tr>
<tr>
<td>Indirect Interceptive</td>
<td>Volleyball and Badminton</td>
</tr>
<tr>
<td>Aesthetic</td>
<td>Salsa Dance</td>
</tr>
</tbody>
</table>

The subject matter for each of the physical activities chosen is drawn and organised around the following three focus areas:
- Learning Physical Skills
- Process and effects on training and exercise.
- Equity and access to exercise, sport, physical activity in Australian society.

CONtributes TO OP: Yes

ASSESSMENT OUTLINE: Students should realise that they must concentrate on both the theoretical and practical elements if they are to be successful in this subject. The assessment is based on 50% practical and 50% theoretical.

Theory assessments include supervised written assessment, research assignments and multimodal presentations. Physical performance is assessed throughout the term.
CAREER PATHWAYS: The successful study of Senior Physical Education could lead to a career in areas such as:

Health and Physical Education teacher
Physiotherapy / Occupational therapy
Sports administrator / Sports Management

Dietician/Nutritionist
Personal trainer / Sports coach/trainer
Leisure management

COSTS: The cost of the subject is $15 per year.

STUDENT REQUIREMENTS/PREREQUISITES: An interest in developing your individual skills and knowledge through physical activity is necessary. A satisfactory result in Years 9 & 10 HPE and English is required to enter this course. Students need to wear a hat when doing prac.