HEAD OF DEPARTMENT: Jane Hurley

SUBJECT OUTLINE:
The HPE Excellence subject offers students opportunities to further develop both their theoretical and practical skills in Health and Physical Education.

Students will study a range of theory topics including exercise physiology, sports psychology, biomechanics, sociology and health.

In the practical aspect of the course students will be engaged in a wide range of physical activities including hockey, touch football, volleyball, badminton, netball and futsal.

CONTRIBUTES TO OP: No

ASSESSMENT OUTLINE:
Students will undertake a variety of the following assessment tasks:

- Practical Assessment
- Written Assignments
- Exams
- Reports

CAREER PATHWAYS:
Senior subject choices include:

- Physical Education
- Certificate III in Fitness
- Certificate II in Outdoor Recreation

The successful study of HPE Excellence could lead to a career in areas such as:

- Health and Physical Education teacher
- Dietician/Nutritionist
- Physiotherapy / Occupational therapy
- Personal trainer / Sports coach/trainer
- Sports administrator / Sports Management
- Leisure management

COSTS: There is no cost for this subject.

STUDENT REQUIREMENTS/PREREQUISITES: Students need to have a strong interest in Health and Physical Education. Students should be achieving an A or B in HPE. Students will be required to participate in both the theory and practical aspects of the subject to the best of their ability. Students need to make sure they have the correct equipment for each lesson. This includes stationery, a hat and running shoes.