[Authority Subject]

AIMS:
Through a process of acquiring, applying and evaluating, students will:
• Demonstrate the ability to select and use information to enhance physical performance and make informed decisions about their involvement in physical activity.
• Understand the interrelationship between psychological, biomechanical, physiological and sociological factors which influence individual and team physical performances.
• Become physically educated students who can analyse and evaluate their own and others physical performance.
• Pursue excellence in performance of practical skills.

CONTENT:
• Semester 1:
  - Skill Acquisition
  - Biological Bases of Training and Exercise
  - Volleyball 1
  - Touch 1
• Semester 2:
  - Lifestyle, Leisure and Recreation
  - Training Exercises and Physical Performance
  - Badminton 1
  - Gymnastics 1 (Floor Work)
• Semester 3:
  - Psychology of Learning Physical Skills
  - Energy for Physical Performance
  - Acquiring and Evaluating Physical Performance Capabilities
  - Badminton
  - Touch 2
• Semester 4:
  - Money, Media, Power and Physical Activity
  - Body, Culture and Physical Activity
  - Gymnastics 2 (Floor Work)
  - Volleyball 2

PREREQUISITIES:
• Sound Achievement or better in English or Sound Achievement in Health & Physical Education in Year 10.
• Enjoyment and an appreciation of the benefits of physical activity.

ASSESSMENT:
• Year 11
  - One essay written under exam conditions
  - Three assignments (800-1000 words) (Terms 2, 3 and 4 - including multi-modal task)
  - Physical Task Performance
  - Performance in physical tasks for the 4 physical activities
• Year 12
  - One essay written under exam conditions
  - Three assignments (800-1000 words) (Terms 2, 3 and 4 - including multi-modal task)
  - Physical Task Performance
  - Performance in physical tasks for the 4 physical activities

COSTS (Additional to SRS charges):
A subject fee applies to each of Year 11 and Year 12 for school produced workbooks

CAREER OPTIONS:
Teaching, Defence Services, Physiotherapy, Medical Sciences, Sports Sciences, Nursing, Fitness Industry, Chiropractic

Apart from possible careers, this course leads to an improvement in an individual’s lifestyle and health patterns, through the ability to analyse and evaluate present patterns.

COURSE ACCREDITATION:
• Successful completion of all four semesters contributes 4 points towards achieving the Queensland Certificate of Education.