

## Physical Education Studies General

<b>Year 11 Course Code</b>	GEPES
<b>Year 12 Course Code</b>	GTPES
<b>Highly recommended</b>	Students should be; <ul style="list-style-type: none"><li>• Interested in physical activity and playing sport</li><li>• Interested in learning about how the body moves and works while performing sporting activities.</li></ul>
<b>Cost</b>	\$70.00 (cost is approximate – subject to change)

### Year 11 and Year 12 Course Content

#### Theoretical component:

- Understanding anatomy
- Fitness
- Coaching knowledge and skills
- Mental skills
- Decision-making skills

#### Practical component:

- Students will understand and develop movement skills
- Develop strategies and tactics for competition context

### Year 11 Course Structure

Unit 1 - The focus of this unit is to explore anatomical and biomechanical concepts, the body's responses to activity and stress management processes to improve their own performance and that of others in physical activity.

Unit 2 – The focus of this unit is to identify the relationship between skill, strategy and the body in order to improve the effectiveness and efficiency of performance.

**Year 11 Sport Context** – a variety of sports to meet the students' needs such as:

- Basketball
- Badminton
- Soccer
- Softball

### Year 12 Course Structure

Unit 3 – The focus of this unit is to provide opportunities for students to build upon their acquired physical skills and biomechanical, physiological and psychological understandings, to improve the performance of themselves and others in physical activity.

Unit 4 – The focus of this unit is to extend understanding by students of complex biomechanical, physiological and psychological concepts to evaluate their own and others' performance.

### Year 12 Sport Context

- Volleyball
- Soccer