**2013 VCE Physical Education Unit 3 Course Outline**

**This course outline is subject to change.**

**Unit 3 – Physical activity participation and physiological performance**

**Unit 4 – Enhancing performance**

Text: ***Physical Education VCE Units 3 & 4* – Malpeli,Telford** (Nelson, 5th Edition)

Workbook: ***Peak Performance - Physical Education VCE Units 3 & 4*** (Nelson, 2nd edition)

Study guide: **A+ Notes & A+ Exams**

 **VCE PE CHECKPOINTS**

**Term 1: 1st February to 29th March Term 2: 15th April to 28th June**

**Term 3: 15th July to 20th September Term 4: 6th October to 19th December**

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| **Week** | **Content (page reference)** | **Text****ref.** | **OUTCOME** | **Coursework options & possible assessment tasks** |
| **Term 1****29/1 - 8 Feb** **Week 1 = STAFF only** | **Assessment of Physical Activity and Sedentary Behaviour** * Why measure physical activity? (P3)
* The National Physical Activity Guidelines (PP 4,5)
* Physical Activity measurement instruments – objective and subjective
* (PP 5,6)
* The surveillance conceptual model (P7)
 | **Chapter 1** |  | * Worksheet 1.1 NPAG
* Worksheet 1.2 Subjective and Objective Measures of Physical Activity
* 2012: Exam Question
* **Peak Phys Ed Practice Exam 2012 V1.doc**
1. Multiple Choice: Q 6, 13
2. Q 5c(ii), 6c 6d, Q14
 |
| **11 Feb – 15 Feb****Week 2**  | * Monitoring physical activity

 (pp8 -10)* Dimensions of Physical Activity – **type, intensity,frequency & duration** (P8)
* Individual and population physical activity monitoring methods : Subjective and Objective options and advantages/disadvantages of each. (PP 13 – 34)
* Sedentary behavior measurement (PP35 - 37)
 | **Chapter 1** |  |
| **18 Feb – 22 Feb****Week 3**  | **Changing Physical Activity Behaviour – the social-ecological model** * Changing physical activity behavior:

Individual strategies (PP44 – 51) & Population strategies (PP51 – 57) | **Chapter 2** |  | * Worksheet 1.3 The Social – Ecological Model
* 2012: Exam Question
* **Peak Phys Ed Practice Exam 2012 V1.doc**
* Q 4e (i) and 4e (ii)
 |
| **25 Feb – 1 March****Week 4** | * Social-ecological models to explain physical activity

Intrapersonal, Interpersonal, Environmental, Policy & organizational factors (PP57 – 59)* Multiple levels of influence on physical activity (PP 60 – 65)
* Tailoring PA promotion strategies (P66)
 | **U3AOS1OI****DATA ANALYSIS****FRIDAY 1ST MARCH****40 Marks** |
|  **4 Mar – 8 Mar****Week 5**  | **Strategies and initiatives for promoting physical activity*** Government and non-government organisations promoting physical activity (PP73 -75)
* Settings based approaches:

Schools (P77)Community (P82)Workplace (P85) | **Chapter 3** |  | * Worksheet 1.4 Federal Government Initiatives to Increase PA
* Worksheet 1.5 State Government Initiatives
* Worksheet 1.6 Non Government Roles in Promoting PA
 |
| **11 Mar – 15 Mar****Week 6**  | * A range of physical activity promotion initiatives and strategies across all 3 settings

(PP87 – 95) |  |
| **18 Mar – 22 Mar****Week 7**  | **Acute responses to exercise*** Mechanisms responsible for the acute responses to exercise in the cardiovascular, respiratory and muscular systems (PP98 - 113)
 | **Chapter 4** |  | * Worksheet 4.1 Acute Respiratory Changes to Exericise
* Worksheet 4.2 Acute Cardiovascular Response to Exercise
* Worksheet 4.3 Acute Muscular Changes to Exercise
 |
| **25 Mar – 29 Mar****Week 8** | **Food fuels and the 3 energy systems*** Food fuels (PP 116,117)
* ATP = energy and fuels for physical activity (PP118-120)
* The food fuel “mix” required for resynthesis of ATP (PP120 – 123)
* Intro to the 3 systems working together = interplay (P124)
* Characteristics of the 3 systems (PP125 – 133)
 | **Chapter 5** | **U3AOS2OI****TEST** **ACUTE RESPONSES TO EXERCISE****FRIDAY 29TH MARCH****20 Marks** | * 5.1 Worksheet Energy Systems & Food Fuels
* 5.2 Worksheet A Closer Look at Energy Systems
* Worksheet 5.3 Comparing the 3 Energy Systems.pdf
 |
| **1 Apr - 14 Apr****School Holidays** | * The rate of ATP production vs. the capacity of each energy system (PP 133 – 136)
* Reinforce concept of INTERPLAY (PP136 – 138)
* Training the energy systems (forward links PP 139 – 141)
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| **Term 2****16 Apr – 20 Apr** **Week 1** | **Fatigue and recovery mechanisms*** What is fatigue? (P146)
* Levels of Fatigue (P147)
* The multi-factorial mechanisms (including fuel depletion, metabolic by-products and thermoregulation P147)
* Lactic acid myths (PP148-151)
* Oxygen uptake at rest, during exercise and recovery, including oxygen deficit, steady state, and excess post-exercise oxygen consumption
 | **Chapter 6** |  | * Worksheet 6.1 General Fatigue
* Worksheet 6.2 Fuel Depletion & Recovery
* Worksheet 6.3 Fatigue & Metabolic By-Products
 |
| **23 Apr – 27 Apr****Week 2** | Recovery Strategies (P161)* Fuel restoration (P161 – 164)
* Removal of metabolic by-products (PP164 – 165)
* Neuromuscular events (P166)
* Thermoregulation (PP 167,168)
* passive and active recovery methods to assist in returning the body to pre-exercise levels.
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| **30-Apr – 3rd May** | **Commence Unit 4** |  | **U3AOS2O2****LAB ENERGY SYSTEMS & FATIGUE****FRIDAY 3rd MAY****40 Marks** |  |