**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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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) |  |
| **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. |  |  |
| **30-Apr – 3rd May** | **Commence Unit 4** |  | **U3AOS2O2**  **LAB ENERGY SYSTEMS & FATIGUE**  **FRIDAY 3rd MAY**  **40 Marks** |  |