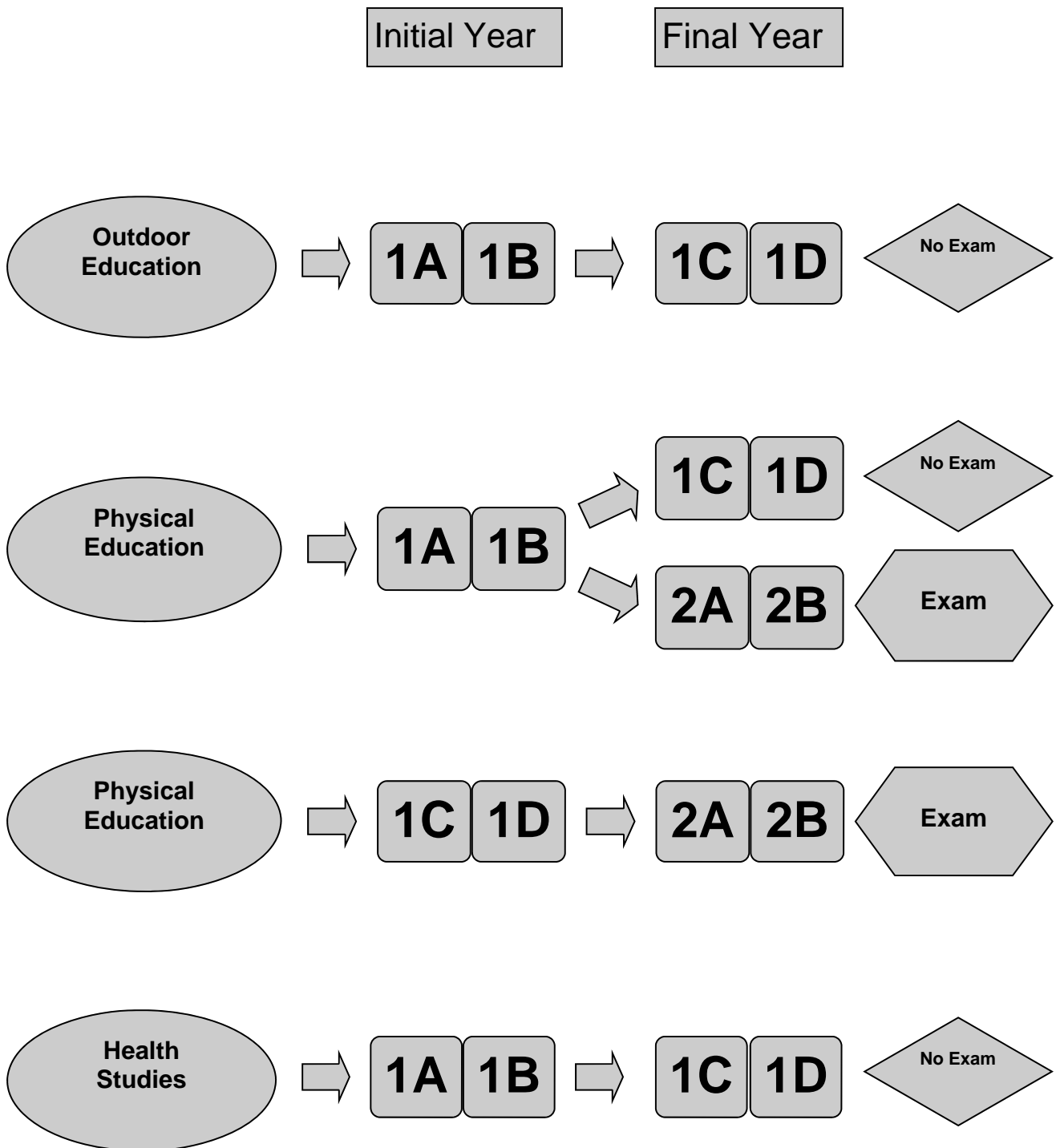


# Health and Physical Education Courses Pathway



**PHYSICAL EDUCATION STUDIES 1A  
(1APES)**



**FOCUS**

This unit is about developing knowledge, understanding and application of anatomical, physiological factors associated with physical activity.

**CONTENT**

- Developing skills, strategies, tactics in basketball
- Motor learning and coaching
- Functional anatomy
- Biomechanics
- Exercise physiology
- Sport psychology

**OCCUPATIONS:**

With further education some possibilities include Sport Development Officer, Recreation Officer, Fitness leader, Coaching and Teaching.

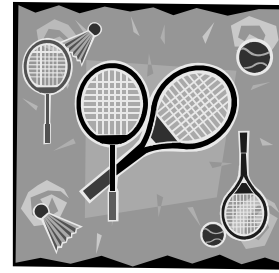
**ASSESSMENT:**

Performance analysis  
Research work and report presentation  
Tests

**UNIT CHARGE**

Physical Education 1A (1APES) \$30.00  
Additional associated costs may apply to this unit.

**PHYSICAL EDUCATION STUDIES 1B  
(1BPES)**



**FOCUS**

This unit is about the impact that physical activity has on some body systems.

**CONTENT:**

- Developing skills, strategies, tactics in Badminton and Touch.
- Motor learning and coaching
- Biomechanic
- Functional anatomy
- Exercise physiology\*Sport psychology

**OCCUPATIONS:**

With further education some possibilities include Sport Development Officer, Recreation Officer, Fitness leader, Coaching and Teaching.

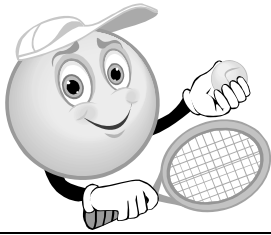
**ASSESSMENT:**

Performance analysis  
Research work and report presentation  
Tests

**UNIT CHARGE**

Physical Education 1B (1BPES) \$30.00  
Additional associated costs may apply to this unit.

**PHYSICAL EDUCATION STUDIES 1C  
(1CPES)**



**FOCUS**

This unit introduces students to simple movement, biomechanical, physiological, psychological, functional anatomy and motor learning concepts that provide basis for assessing and enhancing performance

**CONTENT:**

- Developing skills, strategies, tactics in tennis
- Motor learning and coaching
- Functional anatomy
- Biomechanics
- Exercise physiology
- Sports psychology

**OCCUPATIONS:**

With further education some possibilities include Sport Development Officer, Recreation Officer, Fitness leader, Coaching and Teaching.

**ASSESSMENT:**

Performance analysis  
Research work and report presentation  
Tests and/or EXAM

**UNIT CHARGE**

Physical Education 1C (1CPES) \$30.00  
Additional associated costs may apply to this unit.

**PHYSICAL EDUCATION STUDIES 1D  
(1DPES)**



**FOCUS**

This unit is for students to assess their own and others' movement competency and identify areas for improvement.

**CONTENT:**

- Developing skills, strategies, tactics in volleyball and soccer
- Motor learning and coaching
- Functional anatomy
- Biomechanics
- Exercise physiology
- Sports psychology

**OCCUPATIONS:**

With further education some possibilities include Sport Development Officer, Recreation Officer, Fitness leader, Coaching and Teaching.

**ASSESSMENT:**

Performance analysis  
Research work and report presentation  
Tests and/or EXAM

**UNIT CHARGE**

Physical Education 1D (1DPES) \$30.00  
Additional associated costs may apply to this unit.

## PHYSICAL EDUCATION 2A (2APES)



### RECOMMENDED PRE-REQUISITES

1APES, 1BPES or 1CPES, 1DPES

### FOCUS

Exploring anatomical and biomechanical concepts in physical activity.

### CONTENT

- Developing physical skills, strategies and tactics in sports to be determined.
- Coaching and Learning
- Functional anatomy
- Exercise physiology
- Biomechanics
- Sport psychology

### OCCUPATIONS

With further education some possibilities include Sport Development Officer, Fitness Leader, Coaching, Teaching

### ASSESSMENT

Performance analysis  
Research work  
Investigations  
Tests

### EXAM

Practical exam refer to 2BPES

### UNIT CHARGE

Physical Education 2A (2APES) \$30.00

Additional associated costs may apply to this unit.

## PHYSICAL EDUCATION 2B (2BPES)



### RECOMMENDED PRE-REQUISITES

2APES

### FOCUS

Identifying relationships between skill, strategy and the body in order to improve performance.

### CONTENT

- Developing physical skills, strategies and tactics in sports to be determined.
- Learning and coaching
- Functional anatomy
- Exercise physiology
- Biomechanics
- Sport psychology

### OCCUPATIONS

With further education some possibilities include Sport Development Officer, Fitness Leader, Coaching, Teaching

### ASSESSMENT

Performance analysis  
Research work  
Investigations  
Tests

### EXAM

Practical exam will be conducted during Term 3 holidays and may require student to travel to Perth

### UNIT CHARGE

Physical Education 2B (2BPES) \$30.00

Additional associated costs may apply to this unit.

## OUTDOOR EDUCATION 1A (1AOED)



### FOCUS

The unit is about experiencing the outdoors. Developing and improving skills and applying appropriate practices in the outdoors.

### CONTENT:

- Ecosystems
- Snorkelling
- Basic roping knowledge and skills
- Basis mapping skills
- Minimum impact principles.

Note: Participation in an excursion/expedition is a compulsory part of assessment

### OCCUPATIONS:

With further education some possibilities include Recreation Industry, Teaching, Park Rangers, Environmental Conservation.

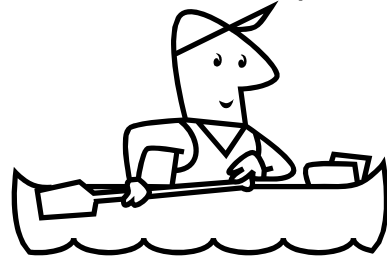
### ASSESSMENT:

Log Book  
Journal Reflections  
Performance assessment specific to skills covered  
Investigations.

### UNIT CHARGE

Outdoor Education 1A (1AOED) \$30.00  
Additional associated costs may apply to this unit.

## OUTDOOR EDUCATION 1B (1BOED)



### FOCUS

This unit is about facing challenges in the outdoors. Planning and resource requirements for excursions/expeditions are considered.

### CONTENT

- First Aid
- Canoeing
- Roping Skills
- Outdoor activity fitness preparation
- Basic navigation skills
- Weather maps.

Note: Participation in an excursion/expedition is a compulsory part of assessment

### OCCUPATIONS:

With further education some possibilities include Recreation Industry, Teaching, Park Rangers, Environmental Conservation.

### ASSESSMENT

Log Book  
Journal Reflections  
Performance assessment specific to skills covered  
Investigations.

### UNIT CHARGE

Outdoor Education 1B (1BOED) \$30.00  
Additional associated costs may apply to this unit.

## OUTDOOR EDUCATION 1C (1COED)



### FOCUS

Building confidence in the outdoors is the focus of this unit. Developing and improving skills and applying safe participation practices together with developing survival skills are included.

### CONTENT:

- Expedition manual planning
- Roping skills
- Survival skills in water, shallow
- Map and compass skills
- Risk management
- Environmental awareness of expedition area.
- Cycling.

Note: Participation in an excursion/expedition is a compulsory part of assessment

### OCCUPATIONS:

With further education some possibilities include Recreation Industry, Teaching, Park Rangers, Environmental Conservation.

### ASSESSMENT:

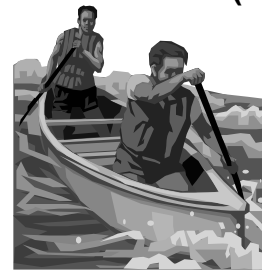
Log Book  
Journal Reflections  
Performance assessment specific to skills covered  
Investigations.

### UNIT CHARGE

Outdoor Education 1C (1COED) \$30.00

Additional associated costs may apply to this unit.

## OUTDOOR EDUCATION 1D (1DOED)



### FOCUS

This unit is about outdoor leadership. They continue to develop skills and are able to respond to an emergency in the outdoors.

### CONTENT:

- Expedition manual planning
- Advanced navigation skills
- Roping skills
- Emergency response
- Analysis of natural environment of expedition area
- Bushwalking skills.

Note: Participation in an excursion/expedition is a compulsory part of assessment

### OCCUPATIONS:

With further education some possibilities include Recreation Industry, Teaching, Park Rangers, Environmental Conservation.

### ASSESSMENT:

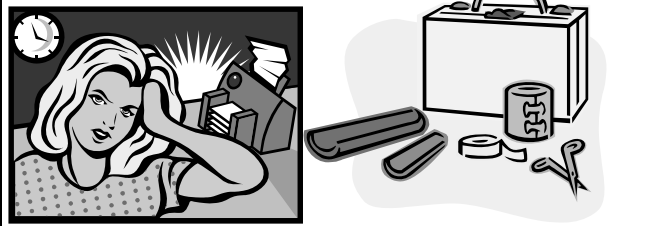
Log Book  
Journal Reflections  
Performance assessment specific to skills covered  
Investigations.

### UNIT CHARGE

Outdoor Education 1D (1DOED) \$30.00

Additional associated costs may apply to this unit.

## HEALTH STUDIES 1A (1AHEA)



### RECOMMENDED PRE-REQUISITES

Nil

### FOCUS

This unit is an introduction to health. Students are introduced to basic concepts, models and frameworks used in health.

### CONTENT

- Defining health
- Health actions/strategies
- Healthcare systems
- Personal beliefs, attitudes, behaviours
- Social and cultural influences
- Self management skills
- Interpersonal skills
- Health information

### OCCUPATIONS

Subject provides a background for students aiming to pursue a career in any health related profession eg nursing, childcare, teaching, health and community services, hairdressing

### ASSESSMENT

Research/Inquiry presentation  
Projects  
Journals  
Tests

### UNIT CHARGE

Health Studies 1A (1AHEA) \$25.00  
Additional associated costs may apply to this unit.

## HEALTH STUDIES 1B (1BHEA)



### RECOMMENDED PRE-REQUISITES

Nil

### FOCUS

This unit is about personal health. Influences, factors and behaviours are explored.

### CONTENT

- Personal health influences and behaviours
- Health promotion
- Health risk assessment and strategies for change
- Current healthcare system/Private health insurance
- Personal beliefs, attitudes, behaviours
- Decision making
- Assertiveness

### OCCUPATIONS

With further studies a career in nursing, childcare, health and community services, teaching, hairdressing.

### ASSESSMENT

Health inquiry presentation  
Projects  
Journals  
Tests

### UNIT CHARGE

Health Studies 1B (1BHEA) \$25.00  
Additional associated costs may apply to this unit.