

SENIOR PHYSICAL EDUCATION: SPE102

<p>SUBJECT DESCRIPTION</p>	<p>Students will have an introduction into the Sports and Theory units completed in Senior Physical Education</p>
<p>PREREQUISITES Level of junior achievement required to successfully complete the subject</p>	<p>Students must have a 'C' average from PEC in years 8 and 9.</p>
<p>EXPECTED OUTCOMES Aims of the subject</p>	<p>To expose Year 10 students to the topics covered in Senior Physical Education. Students will have the opportunity to establish a foundation of knowledge for the next two years</p>
<p>COURSE OUTLINE/UNITS</p>	<p>Term 1: Skill acquisition/Multi cultural games This unit investigates the stages of learning. Students identify what stage of learning they are currently situated in terms of a particular activity- Touch football</p> <p>Term 2: Fitness Principles and the energy system - Students examine the body's energy system to determine how we fuel our bodies, which foods fuel the body best and which energy systems are used for particular sports and physical activity. Students discuss the benefits, importance and effects of short term and long term physical activity as well as complete a fitness program that runs through out the term. Students are pre-tested and post tested to monitor progress and success. Weights/Athletics</p> <p>Term 3: Biomechanics - This unit investigates the way the body moves in relation to energy production and conservation as well as technique and optimum success - Volleyball</p> <p>Term 4: Sociology - Gender issues in Sport investigates the issues that arise for women in sport. Sexism in sport, "sexploitation" and media coverage are all topics that will be discussed in this unit- Dance/aerobics</p>
<p>ASSESSMENT/ WORKLOAD Expected work and study requirements</p>	<p>Term 1: Assignment - Peer Coaching Term 2: Assignment - Fitness Program Term 3: Exam - Biomechanics Term 4: Essay - Sociology 600 words</p>
<p>BENEFITS OF STUDYING THIS SUBJECT Career prospects / relevance to the future</p>	<p>Students who study this course will gain an understanding that is vital for success at a senior level. Students will be able to gauge whether Senior Physical Education is an appropriate choice for them and is conducive to obtaining a QCE</p>
<p>CONTACT PERSON</p>	<p>Ms Kristen Jansen Head of Department</p>