

### What is Physical Education Studies ATAR?

Physical Education Studies ATAR is a practical course that contributes to the development of the whole person. It promotes the physical, social and emotional growth of students. Throughout the course, emphasis is placed on understanding and improving performance in physical activities. The integration of theory and practice is central to studies in this course.

### How will Physical Education Studies ATAR help me in the future?

Students analyse the performance of themselves and others, apply theoretical principles and plan programs to enhance performance. Physical activity and sport are used to develop skills and performance along with an understanding of physiological, anatomical, psychological, biomechanical and skill learning applications. The course prepares students for a variety of post-school pathways, including immediate employment or tertiary studies. It provides students with an increasingly diverse range of employment opportunities in the sport, leisure and recreation industries, education, sport development, youth work, and health and medical fields linked to physical activity and sport.

### What careers can Physical Education Studies ATAR lead to?

Personal trainer, physiotherapist, occupational therapist, medicine, PE teacher, sport scientist, sport development officer, coach, professional athlete, sports commentator, sport journalist, recreational leadership, sports management, chiropractor, police, ambulance officer, firefighter, nutritionist/dietician, army officer.

### What content will I study in Year 11 and Year 12?

Year 11	
<b>Physical Education Studies ATAR Unit 1</b> <i>The focus of this unit is to explore anatomical and biomechanical concepts, the body's responses to physical activity and stress management processes to improve their own performance and that of others in physical activity.</i>	<b>Physical Education Studies ATAR Unit 2</b> <i>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.</i>
Year 12	
<b>Physical Education Studies ATAR Unit 3:</b> <i>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.</i>	<b>Physical Education Studies ATAR Unit 4:</b> <i>The focus of this unit is to extend understanding by students of complex biomechanical, psychological and physiological concepts to evaluate their own and others' performance</i>

### Where can I find out more about Physical Education Studies ATAR?

[https://senior-secondary.scsa.wa.edu.au/data/assets/pdf\\_file/0009/10170/Physical-Education-Studies-Y11-Syllabus-ATAR-2016-GD.pdf](https://senior-secondary.scsa.wa.edu.au/data/assets/pdf_file/0009/10170/Physical-Education-Studies-Y11-Syllabus-ATAR-2016-GD.pdf)

You can also talk to:

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