

What is Physical Education Studies General?

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 General 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 General 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	
Physical Education Studies General Unit 1 <i>The focus of this unit is the development of students' knowledge, understanding and application of anatomical, physiological and practical factors associated with performing in physical activities</i>	Physical Education Studies General Unit 2 <i>The focus of this unit is the impact of physical activity on the body's anatomical and physiological systems. Students are introduced to these concepts which support them to improve their performance as team members and/or individuals.</i>
Year 12	
Physical Education Studies General Unit 3: <i>The focus of this unit is simple movement, biomechanical, physiological, psychological, functional anatomy and motor learning concepts. The understanding of the relationship between skill, movement production and fitness will be further enhanced as students develop and improve.</i>	Physical Education Studies General Unit 4: <i>The focus of this unit is for students to assess their own and others' movement competency and identify areas for improvement. They will build on their knowledge of training principles, nutrition and goal setting concepts to enhance their own and others' performance in physical activity.</i>

Where can I find out more about Physical Education Studies General?

https://senior-secondary.scsa.wa.edu.au/data/assets/pdf_file/0011/10181/Physical-Education-Studies-Y11-Syllabus-General-2016-GD_pdf.pdf

You can also talk to:

Mr Tremayne
Cameron.tremayne@newman.wa.edu.au