

PHYSICAL EDUCATION

PED 101

This is a practical and theory based course targeting sport fitness. Although this will be a predominantly practical course there will be a large theoretical component. The majority of assignments will be completed in students' own time. Qualifications will only be obtained if the student completes both the theoretical and practical elements to the required level.

Standards will be chosen from those listed below:

INTERNAL ASSESSMENT

Achievement/ Unit Standards	Number	Title	No of Credits
AS 1.1	90962	Participate actively in a variety of physical activities and explain factors that influence own participation	5
AS 1.2	90963	Demonstrate knowledge of body structure and function related to performance of physical activity	5
AS 1.3	90964	Demonstrate quality of movement in the performance of a physical activity	3
AS 1.5	90966	Demonstrate interpersonal skills in a group and explain how these skills impact on others	4
AS 1.6	90967	Demonstrate strategies to improve the performance of a physical activity and describe the outcome.	3
US	505	Manage personal physical fitness with guidance	3
AS 1.9	90970	Demonstrate self-management strategies and describe the efforts on participation in physical activity	3

Suggested pre-requisite	:	Either a strong and active interest in physical health OR a commitment to a sporting team at a competitive level. Also the ability to participate in daily physical activity when required.
Suggested further study	:	PED 201
Course costs/special equipment needed	:	Workbooks \$5 – 15 Appropriate road shoes for running Wet weather training gear
Contact person	:	Mr J Scott

