

PHYSICAL EDUCATION

PED 201

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. Practical work includes a 3 day mountain bike trip, laboratory work coupled with practical gymnasium and other sessions.

INTERNAL ASSESSMENT

Achievement/ Unit Standards	Title	No of Credits
AS. 2.2	Demonstrate understanding of how biophysical principals relate to the learning of physical skills	5
AS. 2.3	Demonstrate understanding of the application of biophysical principals to training for physical activity.	4
AS. 2.4	Perform a physical activity in an applied setting.	4
AS 2.7	Demonstrate understanding of the application of risk management strategies to a challenging outdoor activity.	3
AS 2.9	Demonstrate understanding of the implementation and outcome(s) of a physical activity event or opportunity.	3
AS 2.10	Demonstrate understanding of group processes in physical activity.	3

EXTERNAL ASSESSMENT

Nil

Total number of credits offered	22
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Suggested pre-requisite	:	PED AS 1.2, 1.3 1.6 and US 505 and ENG 1.6 or at the discretion of the HOD
Suggested further study	:	PED 301
Course costs/special equipment needed	:	Workbook \$25 Practical activities fee \$140 approx
Contact persons	:	Mr C Reddington/Mrs S Cuthbert