

PHYSICAL EDUCATION

PED 301

This is an approved subject for University Entrance

This is a theoretical and practical course where students need to have a good academic ability if they are to be successful. There are frequent written assessments, which require the students to work with commitment throughout the whole year, both at school and at home.

On account of the practical requirements of this course, only students who are seriously involved in sport should consider taking it.

INTERNAL ASSESSMENT

Achievement/ Unit Standards	Number	Title	No of Credits
US	12529	Students credited with this unit standard are able to: describe aspects of fitness relevant for a selected sport; plan a programme to improve fitness levels; implement the sports fitness training programme; and examine issues related to the development of fitness for sport	4
US	12528	Students credited with this unit standard are able to: examine personal physical activity patterns; demonstrate an understanding of the relationship between exercise and personal well-being; plan, implement and evaluate the personal exercise programme	5
AS.	90744	Students will be required to analyse present fitness involvement of Year 7. From the results obtained they will develop and monitor a fitness activity for Year 7 students to participate in.	5
AS	90742	Perform a physical activity to nationally developed performance standards.	4

EXTERNAL ASSESSMENT

Nil

Total number of credits offered	18
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Suggested pre-requisite : **University Entrance Literacy and 12 credits from PED 201 or at the discretion of the HOD Physical Education. Involvement in a sporting activity at a competitive level.**

Course Cost : **Resources \$20**

Contact person : **Mr C Reddington**