
VCE UNITS INFORMATION

VCE PHYSICAL EDUCATION UNITS 1 AND 2 CONTINUED

OUTCOMES

Unit 1

- Students should be able to collect and analyse information from, and participate in, a variety of practical activities to explain how the musculoskeletal system functions and its limiting conditions, and evaluate the ethical and performance implications of the use of practices and substances that enhance human movement
- Students should be able to collect and analyse information from, and participate in, a variety of practical activities to explain how the cardiovascular and respiratory systems function and the limiting conditions of each system, and discuss the ethical and performance implications of the use of practices and substances to enhance the performance of these two systems

Unit 2

- Students should be able to collect and analyse data related to individual and population levels of participation in physical activity and sedentary behaviour to create, undertake and evaluate an activity plan that meets the physical activity and sedentary behaviour guidelines for an individual or a specific group. To achieve this outcome, students will draw on key knowledge and key skills outlined in Area of Study 1
- Students should be able to apply a social-ecological framework to research, analyse and evaluate a contemporary issue associated with participation in physical activity and/or sport in a local, national or global setting. To achieve this outcome, students will draw on key knowledge and key skills outlined in Area of Study 2

ASSESSMENT

Students will be assessed on a range of tasks including: a practical report, a case study analysis, a data analysis, a critically reflective diary/folio, a visual presentation, a multi media presentation, an oral presentation, a written report, and a test.



“Physical Education enables us to build knowledge and awareness of the benefits that physical activity has, not only on our physical wellbeing but also on our mental and social wellbeing. It is a subject that incorporates both practical and theoretical knowledge. The active side of the subject replicates what is learnt in the classroom, here theory is implemented through practical activity in order to gain a better knowledge on the topic.”

Eden Cassar