

# VCE UNITS INFORMATION

## VCE PHYSICAL EDUCATION UNITS 3 AND 4 CONTINUED

### ASSESSMENT

#### Unit 3

Outcomes	Marks allocated	Assessment tasks
<p><b>Outcome 1</b></p> <p>Collect and analyse information from, and participate in, a variety of practical activities to develop and refine movement skills from a coaching perspective, through the application of biomechanical and skill acquisition principles.</p>	50	Structured questions that draw on primary data which analyse a movement skill using biomechanical and skill acquisition principles.
<p><b>Outcome 2</b></p> <p>Use data collected in practical activities to analyse how the major body and energy systems work together to enable movements to occur, and explain the factors causing fatigue and suitable recovery strategies.</p>	25	A laboratory report based on primary data collected during participation in a practical activity, which analyses the relative contribution of energy systems and acute responses to exercise.
	25	<p>A response in one or more of the following forms, which focus on energy system interplay, fatigue and/or recovery:</p> <ul style="list-style-type: none"> <li>● a practical laboratory report</li> <li>● a case study analysis</li> <li>● a data analysis</li> <li>● a critically reflective folio/diary of participation in practical activities</li> <li>● a visual presentation</li> <li>● a multimedia presentation</li> <li>● structured questions.</li> </ul>
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