

VCE UNITS INFORMATION

VCE PHYSICAL EDUCATION UNITS 3 AND 4 CONTINUED

ASSESSMENT

Unit 4

Outcomes	Marks allocated	Assessment tasks
<p>Outcome 1</p> <p>Analyse data from an activity analysis and fitness tests to determine and assess the fitness components and energy system requirements of the activity.</p>	30	A written report analysing data from an activity to determine the relevant fitness components and energy system requirements in a selected activity, and including justification of the selection of appropriate tests to assess fitness.
<p>Outcome 2</p> <p>Participate in a variety of training methods, and design and evaluate training programs to enhance specific fitness components.</p>	25	A reflective folio of participation in a minimum of five different training sessions focusing on the components of the sessions, the training method completed and the implementation of training principles to the fitness components being trained.
	25	A written report that will draw on the personal experiences recorded in the folio to design a six-week training program for a given case study.
	20	<p>A response in one or more of the following formats, which links chronic adaptations of the cardiovascular, respiratory and muscular systems to training methods and improved performance:</p> <ul style="list-style-type: none"> ● a case study analysis ● a data analysis ● structured questions.
	100	



"Studying Physical Education Units 3&4 was interesting to me mainly because the course went through many topics which I really enjoyed enhancing my knowledge about. Especially having a sporty background, I found that a lot of the learning really came in handy with things I do outside of school."

Michael Di Natale