

Course Outline 2022

Subject: Physical Education

Level: 2

| | | | |
|--|----------|----------------|--------|
| Course Code: | L2PHED01 | Course Length: | 1 Year |
| Brief Description: | | | |
| <p>This course introduces new concepts and builds on knowledge introduced in the Level One Physical Education programme. Throughout this course learners will be engaged in a range of practical and theoretical components that will allow them to further develop their knowledge and apply it to practical situations. Learning areas include:</p> <ul style="list-style-type: none">• L2PE Camp - Learners develop skills around social responsibility, leadership and working as part of a group on a 3 day camp on the West Coast. Learners will participate in a range of Outdoor activities run like the TV show Survivor/Amazing Race.• Improvement - Learners will further develop their knowledge of functional anatomy, biomechanics, and skill acquisition and apply these principles to develop new motor skills.• Enhancing Personal Fitness – Learners will develop knowledge of training principles and participate in current training methods which are used to enhance a person’s level of fitness• Sports Performance – Learners will get involved in a range of sporting activities and are required to perform these to a Level 2 Standard | | | |
| Pre-requisites/Co-requisites: | | | |
| Nil - Level One Physical Education an advantage. Discussion with HOL if Level 1 Physical Education not taken. | | | |
| Cost/Equipment: | | | |
| \$250 | | | |
| Teacher in Charge of this Course: | | Chris Winks | |

| Compulsory Internal AS/US | | | Int/Ext | Num/Lit | Credits | Std. Comp. Date |
|---------------------------|---------|---|---------|---------|---------|-----------------|
| 1. | AS91328 | Demonstrate understanding of how and why biophysical principles relate to the learning of physical skills. | I | L1Lit | 5 | Week 10 – T3 |
| 2. | AS91329 | Demonstrate understanding of the application of biophysical principles to training for physical activity. | I | L1Lit | 4 | Week 9 – T2 |
| 3. | AS91330 | Perform a physical activity in an applied setting. | I | | 4 | Week 2 – T4 |
| 4. | AS91334 | Consistently demonstrate social responsibility through applying a social responsibility model in physical activity. | I | | 3 | Week 2 – T4 |