

# Physical Education:

## Unit 1: Learning and Improving Skill

This unit looks at a range of factors that influence learning and improving physical skills and the role of the coach in making this happen. Students will study sports psychology concepts and will also focus on general principles that are common to analysing physical performance and learning physical skills. Students will study the biomechanical principles of movement from the perspective of improving physical performance.

## Unit 2: The Active Body

This unit looks at the relationships between body systems and physical activity. There is a particular focus on body systems and performance and how the musculoskeletal, cardio-respiratory and energy systems function during physical activity. Students will investigate how the patterns of physical activity vary across the lifespan, including the physical, social and emotional benefits of participation in physical activity.

## Unit 3: Physiological and Participation Perspectives of Physical Activity

This unit introduces students to an understanding of physical activity from a physiological perspective. It examines the contribution of energy systems to performance in physical activity as well as the health benefits to be gained from participation in regular physical activity. It explores the physiological effects of muscular fatigue, speeds of recovery and response to training.

## Unit 4: Enhancing Physical Performance

This unit examines the components of fitness and assessment of fitness from a physiological perspective. Students will be able to plan and evaluate training programs to enhance physical fitness. Students also examine strategies for enhancing sports performance with a focus on the range of factors and strategies that influence improvement and limit performance in physical activities.

