

Specialist Physical Education

Do you want to learn about data collection?

Do you want to learn about skill development and acquisition?

This subject is designed to promote and educate students on the advantages of lifelong physical participation, with an emphasis on adolescent issues and body systems. Students will engage in the theory components of Sports Injuries, Biomechanics, tactical awareness, energy systems, muscular system and skeletal system. The theoretical component is linked to practical experiences where students gather evidence and data for them to investigate. Other practical components designed within the course explore sports from around the world.

Assessment

Practical

Theory

Subject Length

1 semester

Additional Information

N/A