

Specialist Physical Education

Do you want to learn about data analysis?

Do you want to learn about movement concepts?

Do you want to learn about developing group dynamics?

This course 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.

Students will participate in a number of practical units.

Assessment

Practical

Theory

Subject Length

1 semester

Additional Information

Students attending this course will be required to attend all overnight camps and excursions.