

Physical Education

Just do it



Seymour
College

1. Physical Education Overview

VCE Physical Education enables students to develop the knowledge and skills required to critically evaluate influences that affect their own and others' performance and participation in physical activity.



2. Unit 1 and 2

In Unit 1 & 2 we study how the human body systems like the cardiovascular system, work together to produce movement. We also look at physical activity, sport and society. It is about learning through participating in a variety of practical activities.



3. Unit 3 and 4

In Unit 3 & 4 looks at the movement skills and energy systems used when performing at different levels.

Finally it looks at types of training which can be used to improve performance. We participate in a range of fitness tests and types of training.



4. Why you should select PE

Physical Education gives you important skills such as: Communication; Planning and organising; Teamwork; Problem solving; Self-management; Initiative and enterprise; Technology; and Learning.

Jobs you can get through studying Physical Education include: Sports science, PE teacher, Physiotherapist, Professional sportsperson, Sports coach/consultant, Sports policy at local and national level, Diet and fitness instructor, Personal trainer.

All the great teacher's in this school are Physical Education trained!

