

PHYSICAL EDUCATION



The knowledge, understanding and skills taught through Physical Education enable students to explore and enhance their own and others' health and physical activity in diverse and changing contexts.

In Year 11 and 12, students study:

- Motor Learning, functional anatomy and biomechanics integrated with volleyball and track & field
- Sport psychology and equity
- Tactical awareness integrated with touch football and ethics & integrity
- Energy, fitness and training integrated with triathlon

Students in Physical Education learn through an inquiry approach that explicitly involves the integration of body and movement concepts with biophysical, sociocultural and psychological concepts and principles.

Career Opportunities:

- Sports and Exercise Science
- Sport Psychology
- Biomechanics of Sport
- Primary or Secondary Teaching
- Sports Journalism
- Sports Therapies
- Sport Marketing, promotion, and management
- Event Management
- Sports Development and Coaching

