VCE Unit 4 Physical Education

Time Allocation
This unit of work will consist of approximately 100 hours of which at least 50 hours will be class time. To complete this unit of work satisfactorily, students must complete each of the following learning outcomes.

Learning Outcomes

Outcome 1
The student should be able to plan and evaluate training programs to enhance physical fitness components.

Outcome 2
The student should be able to analyse and evaluate strategies designed to enhance performance or promote recovery.

Assessment Tasks

1. Written Report
The student is required to plan and evaluate a six-week training program with reference to an activity analysis, fitness testing and a training diary, designed to enhance specific fitness components.

Weighting: This task is worth 40% of the overall grade
Time allocated to task: 5 periods
Due: Term 3, Week 3

2. Written Test
The student is required to link chronic adaptations of the cardiovascular, respiratory and muscular systems to training methods and improved performance.

Weighting: This task is worth 20% of the overall grade
Time allocated to task: 1 period
Due: Term 3, Week 6

3. Written Test
The student is required to identify and evaluate various strategies and practices that are used to enhance performance or promote recovery.

Weighting: This task is worth 40% of the overall grade
Time allocated to task: 100 minutes
Due: Term 3, Week 10

School – assessed coursework for Unit 4 contributes to 25 per cent.