



PHYSICAL EDUCATION STUDIES

ATAR course

**Year 12 syllabus – What’s changing: Rationale and Aims
For teaching in 2027**

Acknowledgement of Country

Kaya. The School Curriculum and Standards Authority (the Authority) acknowledges that our offices are on Whadjuk Noongar boodjar and that we deliver our services on the country of many traditional custodians and language groups throughout Western Australia. The Authority acknowledges the traditional custodians throughout Western Australia and their continuing connection to land, waters and community. We offer our respect to Elders past and present.

Background

As part of the Western Australian Certificate of Education (WACE) Refreshment for reviewing the nomenclature of courses, the Authority has updated the rationale and aims of each syllabus.

The revised rationale and aims are aligned with the mapping of the general capabilities to provide clear connections between the rationale, aims and syllabus content. The rationale outlines what the subject is about and why it is important. It describes what students can expect to study in the course, along with the knowledge, skills and understandings they will develop throughout the course. It also explains how these can be applied in everyday life and references potential future pathways, outlining how students might connect what they learn in the course to further education, training and employment opportunities.

Important information

WACE Refreshment: Reviewing the nomenclature of courses

This document contains information that will be included in the syllabus effective from 1 January 2027.

Users of the syllabus are responsible for checking its currency.

Syllabuses are formally reviewed by the Authority on a cyclical basis, typically every five years.

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Rationale

The Physical Education Studies ATAR course promotes students' physical, social and emotional growth, contributing to their well-rounded development. Throughout the course, emphasis is placed on understanding and improving performance in physical activities, and the practical application of theoretical concepts.

Students study a range of topics related to physical performance, exercise physiology, biomechanics and sport psychology. They explore the factors that affect performance, training methods and other strategies used to optimise performance. The course integrates theory with practical experiences, allowing students to understand the complexities of sports performance.

The course provides students with opportunities to develop critical thinking and problem-solving skills as well as an awareness of the scientific and psychological factors that impact sports performance. They gain a deep understanding of the body's systems, the importance of fitness and nutrition, and the role of various coaching concepts in the development and execution of skills.

The knowledge and skills developed through the study of the course content have applications in everyday life. Students can apply psychological, physiological and biomechanical concepts to fitness, health and performance.

The course prepares students for a variety of pathways, leading to employment or further study. It provides students with an increasingly diverse range of opportunities in the sport, leisure and recreation industries; education; sport development; youth work; and health and medical fields linked to physical activity and sport. The course also equips students to take on volunteer and leadership roles in community activities.

Aims

The Physical Education Studies ATAR course aims to develop students’:

- performance through the display and application of movement skills and tactical responses
- understanding of motor learning concepts in relation to learning and acquisition of motor skills
- understanding of functional anatomy, the roles of the respiratory and circulatory systems, and the relationship between the musculoskeletal system and performance
- understanding and application of biomechanical principles and their effect on performance, skill execution and/or use of equipment
- understanding and application of exercise physiology concepts in relation to the body’s responses to physical activity, energy demands, and training principles and methods
- understanding and application of sports psychology to improve performance.