



# Physical Education Studies General Course Year 12

## Selected Unit 3 syllabus content for the

### Externally set task 2021

This document is an extract from the *Physical Education Studies General Course Year 12 syllabus*, featuring all of the content for Unit 3. The content that has been highlighted in the document is the content on which the Externally set task (EST) for 2021 will be based.

All students enrolled in the course are required to complete an EST. The EST is an assessment task which is set by the Authority and distributed to schools for administering to students. The EST will be administered in schools during Term 2, 2021 under standard test conditions. The EST will take 50 minutes.

The EST will be marked by teachers in each school using a marking key provided by the Authority. The EST is included in the assessment table in the syllabus as a separate assessment type with a weighting of 15% for the pair of units.

# Unit 3

## Unit description

The focus of this unit is simple movement, biomechanical, physiological, psychological, functional anatomy and motor learning concepts. The understanding of the relationship between skill, movement production and fitness will be further enhanced as students develop and improve.

## Unit content

An understanding of the Year 11 content is assumed knowledge for students in Year 12. It is recommended that students studying Unit 3 and Unit 4 have completed Unit 1 and Unit 2.

This unit includes the knowledge, understandings and skills described below.

### Developing physical skills and tactics

- develop and apply movement skills and techniques in games and other competitive situations
- select and adapt movement skills and techniques in response to simple tactical problems.

### Motor learning and coaching

- role and responsibilities of a coach
  - organising
  - building rapport
  - providing instruction and explanation
  - demonstrating
  - observing
  - analysing
  - providing feedback
  - providing safe learning environments
- definition of leadership and the qualities of a good leader
  - trustworthy
  - enthusiastic
  - confident
  - listen to others
  - honest
  - responsible
  - reliable
  - patient
  - decisive
  - determined
  - loyal
- leadership styles and their relationship to coaching
  - autocratic
  - democratic
  - laissez-faire

## Functional anatomy

- characteristics of skeletal muscle tissue
  - contractibility
  - extensibility
  - elasticity
- origin and insertion points of skeletal muscles and how they determine the action of the muscle

## Biomechanics

**Note: no calculations required**

- simple understanding of how force is produced and how force is absorbed by equipment used, and how force is provided and absorbed by the body

## Exercise physiology

- contribution of energy systems during a specific physical activity
  - anaerobic – adenosine triphosphate-creatine phosphate (ATP-CP)
  - lactic acid
  - aerobic
- categorise activities by their energy demands
- simple tests to measure the capacities of the aerobic and anaerobic energy systems
- prevention of sports injuries using protective equipment, effective warm-up and cool-down and ensuring a safe environment
- immediate care of sporting injuries, including use of TOTAPS (talk, observe, touch, active movement, passive movement, skill test), RICER (rest, ice, compress, elevate, refer) and HARM (heat, alcohol, running, massage) strategies
- extended care and rehabilitation of the injured athlete
  - support for injury – strapping, braces
  - goals for rehabilitation – restore range of motion, regain muscular strength, regain endurance and power, regain postural stability and balance, maintain cardiorespiratory fitness
- physical therapy rehabilitation strategies
  - ultrasound
  - heat/cold
  - massage
  - exercise

## Sport psychology

- simple goal setting techniques
  - difference between short and long term goals
  - SMART (specific, measurable, achievable, realistic, timely) goals
  - performance versus outcome goals