

VCE Physical Education

Exam Planner

*Your guide for exam goal-setting,
preparation and success.*



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Subject: Physical Education

EXAM DATE

GOAL

Topic: How are movement skills improved?	Do I have it in my notes?	Note-making deadline	Memorising deadline
Classification of movement skills including fundamental movement skills, sport specific skills, open and closed skills, gross and fine skills, and discrete, serial and continuous motor skills			
Influences on movement including individual, task and environmental constraints on motor skill development			
The link between motor skill development and participation and performance			
Qualitative movement analysis principles (preparation, observation, evaluation and error correction)			
Biomechanical principles for analysis of human movement including:			
– Angular and linear kinetic concepts of human movement: Newton’s three laws of motion, inertia, mass, force, momentum and impulse			
– Angular and linear kinematic concepts of human movement: distance, displacement, speed, velocity, acceleration and projectile motion (height, angle and speed of release)			
– Equilibrium and human movement: levers (force, axis, resistance and the mechanical advantage of anatomical levers), stability and balance (centre of gravity, base of support and line of gravity)			
Direct and constraints based approaches to coaching and instruction			
Sociocultural factors that have an effect on skill development, and the characteristics of the three stages of learning (cognitive, associative and autonomous)			

Practice strategies to improve movement skills including amount, distribution (massed and distributed) and variability (blocked and random)			
Feedback including type (intrinsic, augmented, knowledge of results and knowledge of performance) and frequency			
Topic: How does the body produce energy?	Do I have it in my notes?	Note-making deadline	Memorising deadline
Fuels (both chemical and food) required for resynthesis of ATP at rest and during physical activity, including the relative contribution of fuels at varying exercise intensities			
Characteristics of the three energy systems (ATP–CP, anaerobic glycolysis, aerobic system) for physical activity, including rate of ATP production, the yield of each energy system, fatigue/limiting factors and recovery rates associated with active and passive recoveries			
Interplay of energy systems in relation to the intensity, duration and type of activity			
Oxygen uptake at rest, and during exercise and recovery, including oxygen deficit, steady state, and excess post-exercise oxygen consumption			
Acute physiological responses to exercise in the cardiovascular, respiratory and muscular systems			
Topic: What are the foundations of an effective training program?	Do I have it in my notes?	Note-making deadline	Memorising deadline
Activity analysis, including skill frequencies, movement patterns, heart rates and work to rest ratios			
Fitness components: definitions and factors affecting aerobic power, agility, anaerobic capacity, balance, body composition, coordination, flexibility, muscular endurance, power and strength, reaction time and speed			
Assessment of fitness including:			
- The purpose of fitness testing including physiological, psychological and sociocultural perspectives			
- Pre-participation health screening (PAR-Q)			
- Informed consent			
- Test aims and protocols			

- Test reliability and validity			
methods of at least two standardised, recognised tests for aerobic power, agility, anaerobic capacity, body composition, flexibility, muscular endurance, power and strength and speed			
Topic: How is training implemented effectively to improve fitness?	Do I have it in my notes?	Note-making deadline	Memorising deadline
Strategies to monitor and record physiological, psychological and sociological training data, including training diaries, digital activity trackers and apps			
Components of an exercise training session including warm up, conditioning phase and cool down			
Training program principles, including frequency, intensity, time, type, progression, specificity, individuality, diminishing returns, variety, maintenance, overtraining and detraining			
Training methods including continuous, interval (short, intermediate, long and high intensity), fartlek, circuit, weight/resistance, flexibility and plyometrics			
Psychological strategies used to enhance performance and aid recovery including sleep, confidence and motivation, optimal arousal, mental imagery and concentration			
Nutritional and rehydration recovery strategies including water, carbohydrate and protein replenishment			
Chronic adaptations of the cardiovascular, respiratory and muscular systems to aerobic, anaerobic and resistance training.			

Practice Schedule

PRACTICE EXAM	DEADLINE
Practice Exam 1	
Practice Exam 2	
Practice Exam 3	
Practice Exam 4	
Practice Exam 5	
EXAM DATE:	

› Congratulations!

You're ready! Now relax and think about how good it will feel leaving the exam room knowing the hard work has paid off. Congratulations and good luck (not that you need it)!



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