VCE Physical Education
Units 3 and 4, 2025–2029

Clarification of content:
Weight/resistance training protocols

Introduction

This supplementary material provides suggested weight/resistance protocols to guide teachers in their approach to training principles and training methods as part of VCE Physical Education (2025–2029).

The information provided specifically relates to VCE Physical Education, Unit 4, Area of Study 2: How is training implemented effectively to improve fitness? This area of study includes key knowledge of:

* training program principles, including frequency, intensity, time/duration, type, progression, specificity, individuality, diminishing returns, variety, maintenance, tapering, overtraining and detraining
* training methods, including continuous, interval (short, intermediate, long and HIIT), fartlek, circuit, weight/resistance, flexibility and plyometrics
* chronic adaptations of the cardiovascular, respiratory and muscular systems to aerobic, anaerobic and resistance training that produce improvements in:
* VO2 max
* lactate inflection point (LIP)
* speed and force of muscular contraction
* lactate tolerance.

Important considerations in using the suggested weight/resistance training

**The following information should be considered when delivering the key knowledge and key skills related to weight/resistance training:**

* Table 1 (on the following page) displays accepted ranges and examples for designing a weight/resistance training session for the given fitness component (muscular power, muscular strength or muscular endurance) and is a starting point for students.
* Students are not required to rote learn the accepted ranges and instead are encouraged to develop an applied understanding through participation in the practical training sessions.
* Specifically, students are required to understand how to design or manipulate a training program based on the needs of an individual (e.g. training status). For example, if an individual is new to weight/resistance training they should be prescribed a protocol that is at the low end of each suggested range.

**Table 1: Examples of accepted weight/resistance training session protocols**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Frequency | Intensity (Load) – Repetition Max (RM) | Repetition range | Set range | Tempo | Rest |
| **Muscular strength** | 3 × week | 80 – 100% 1RM | 1 - 6 | 3 - 6 | Slow | 2 – 3 min |
| **Muscular power** | 3 × week | 30 – 70% 1RM | 3 - 10 | 3 - 6 | As fast as possible | 2- 3 min |
| **Muscular endurance** | 3 × week | 40 – 60% 1RM | 15 - 25 | 3 - 6 | Moderate | 1 min  |