

# VCE PHYSICAL EDUCATION

What's new? 2025 - 2029

Unit 1



VICTORIAN CURRICULUM  
AND ASSESSMENT AUTHORITY



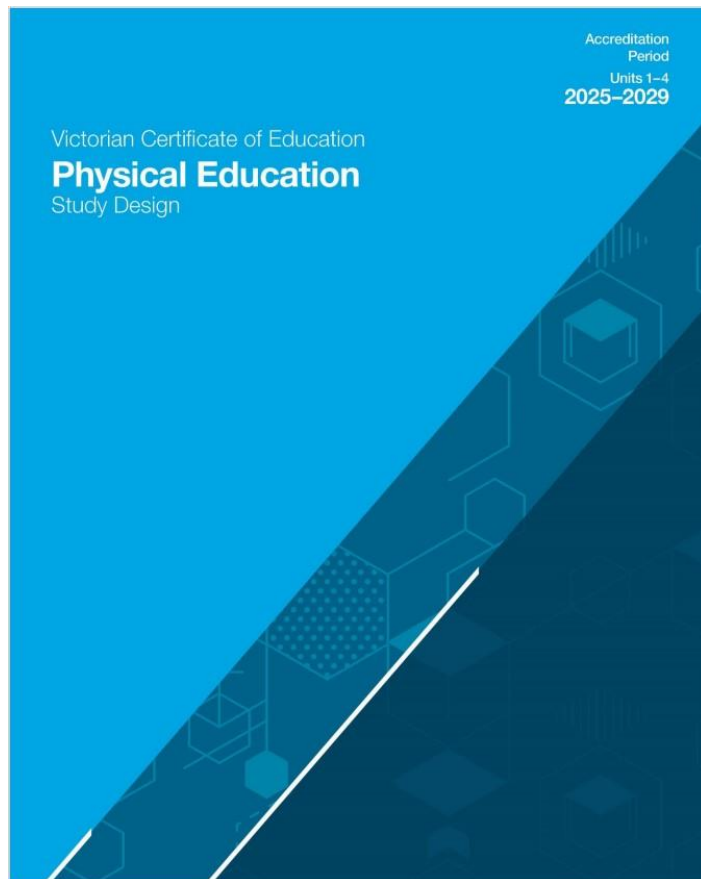
# Acknowledgement of Country

The VCAA respectfully acknowledges the Traditional Owners of Country throughout Victoria and pays respect to the ongoing living cultures of First Peoples.



# PURPOSE OF VIDEO

- Changes to Unit 1
  - Content
  - Assessment



# Key Knowledge Unit 1 AOS 1

- Eccentric/concentric
- Anatomical lever systems
- Overtraining syndrome
- Rehabilitation
- Permitted and prohibited substances
- Ethical and sociocultural considerations

# Key Skills Unit 1 AOS 1

- Participate in and analyse a variety of movements using examples of lever systems
- Identify the structures and functions
- Differentiate the role of agonists, antagonists and stabilisers

# Key Knowledge Unit 1 AOS 2

- Components of blood
- Homeostasis, hyperthermia and hypothermia
- Impact of regular aerobic exercise on enhancing the capacity and function
- Gene doping
- Ethical and sociocultural considerations

# Key Skills Unit 1 AOS 2

- **Primary data** to measure and analyse the changes to the cardiovascular and respiratory systems
- Examine the role and **process** of thermoregulation
- Evaluate the impacts of regular aerobic exercise
- Sociocultural considerations

# Assessment

## Outcome 1

- Written report analysing participation in at least 4 physical activities
- The integration of theoretical knowledge and practical application

## Outcome 1/2

- One task for the assessment of each of Outcomes 1 and 2
  - extended-response /uses a visual planning tool



# Contact

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