

VCE PHYSICAL EDUCATION

What's new? 2025 - 2029

Unit 3

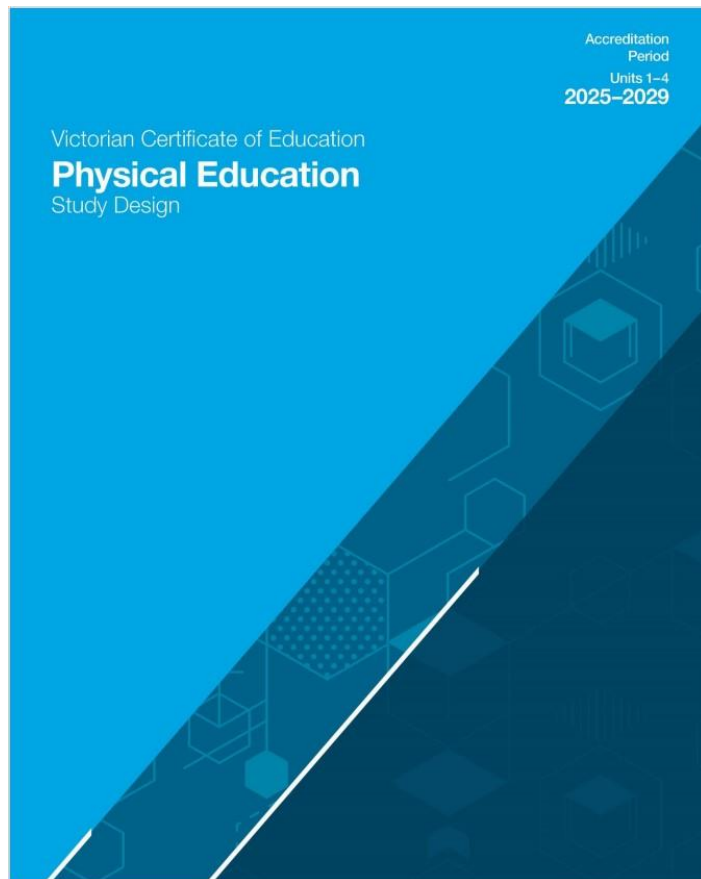
Acknowledgement of Country

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 3
 - Content
 - Assessment



Key Knowledge Unit 3 AOS 1

- **Skill acquisition**

- Theories of skill acquisition
- Psychological skills
- Type of practice (part and whole)

- **Biomechanics**

- Newton's three laws of angular motion
- Torque
- Distance/displacement
- Levers (3rd class & mechanical advantage)

Key Skills Unit 3 AOS 1

- Analyse primary data
- Participate in, describe and develop coaching strategies to enhance participation and performance, considering the:
 - needs of the learner &
 - performance requirements of the skill

Assessment

- Analyse primary data collected from participation in...
 - physical activity, sport and exercise
- Structured questions
- Weighting alteration to 45 marks out of 90 marks for Unit 3

Key Knowledge Unit 3 AOS 2

- Oxygen uptake during physical activity
- Muscular **fatigue mechanisms**
 - Fuel depletion
 - Accumulation of metabolic by-products
 - Thermoregulatory
- **Nutritional and hydration strategies**
 - Enhance performance, delay fatigue and improve recovery

Key Skills Unit 3 AOS 2

- Fatigue mechanisms
 - individual and environmental factors
- Describe how nutritional and hydration strategies are used to enhance performance, delay fatigue and improve recovery

Assessment

- One assessment task
- Laboratory report based on primary data
 - Includes acute responses, energy systems, interplay, fatigue & recovery
- Weighting alteration to 45 marks out of 90 marks for Unit 3

Contact

- **Chris Clark**
- Curriculum Manager – Health and Physical Education
- PH: 9059 5315
- Email Address: christopher.clark2@education.vic.gov.au

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