

VCE PHYSICAL EDUCATION

What's new? 2025 - 2029

Unit 4



VICTORIAN CURRICULUM
AND ASSESSMENT AUTHORITY



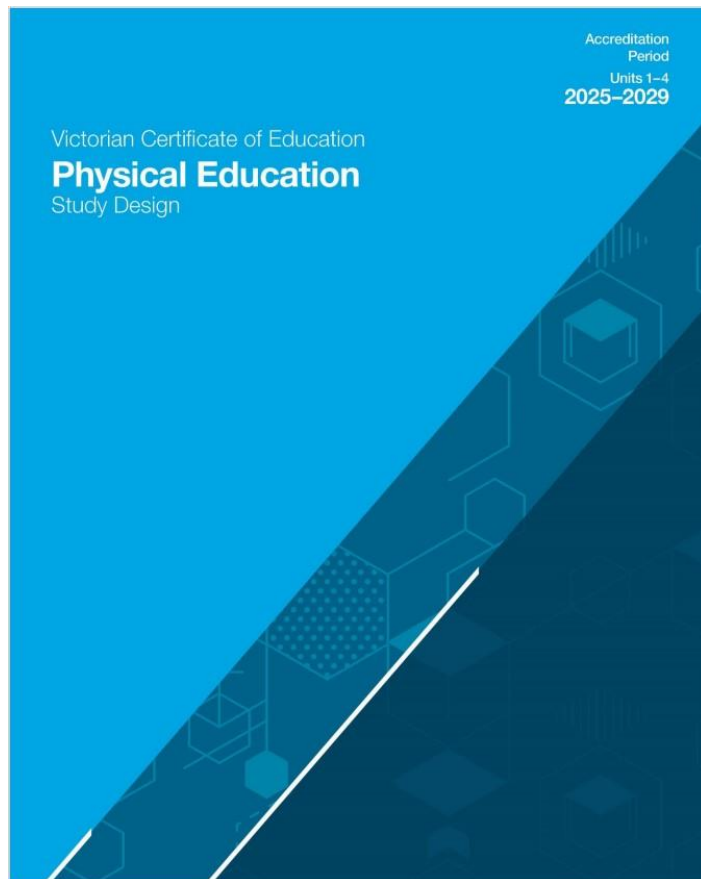
Acknowledgement of Country

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 4
 - Content
 - Assessment



Key Knowledge Unit 4 AOS 1

- Physiological information from undertaking an activity analysis
- **Fitness components**
 - Definitions
 - Body composition & reaction time
- **Fitness testing**
 - Sociocultural considerations
 - Health screen
 - Testing accuracy
 - Testing methodology

Key Skills Unit 4 AOS 1

- Undertake an activity analysis
- **Fitness testing**
 - Justify from a physiological/psychological perspective
 - Perform an assessment of fitness

Assessment

- Activity analysis written report
- Weighting alteration to 25 marks out of 110 marks for Unit 4

Key Knowledge Unit 4 AOS 2

- Wearable technologies
- **Training principles**
 - Tapering
- Nutrition/hydration & psychological strategies
- **Chronic Adaptations**
 - VO_2 max
 - Lactate inflection point (LIP)
 - Speed and force of muscular contraction
 - Lactate tolerance

Key Skills Unit 4 AOS 2

- Reflective folio
 - Participate/reflect/record
- Design a training program

Assessment

- Two assessment tasks
- Case study
 - combines reflective folio and written report
- Weighting alteration to 45 marks out of 90 marks for Unit 3

Contact

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