

PREREQUISITES

Students need 8 credits in Literacy from English and at least 12 credits from Level 1 Physical Education.

Note: There is a lot of reading and writing in this course.

If entry requirements are not met, an interview with the HoD or Teacher in Charge is required.

COURSE OUTLINE

- Monitor personal performance in regular exercise and relate this to concepts of fitness and health.
- From observations, examine how principals of anatomy and biomechanics relate to physical activity.
- Describe principles and methods of training and apply these to participation in physical activity.
- Through physical activity, describe and apply principles of skill learning and sport performance.
- Perform a physical activity to nationally developed performance standards.
- Investigate the sociological significance of a sporting event, physical activity or festival.
- Explore leadership roles in a group or team physical activity.

The course consists of both practical and written work.

ASSESSMENT

This course will be assessed against the National Achievement standards. The course offers 21 credits at NCEA Level 2. The course is fully internally assessed.

WHERE DOES IT LEAD?

To future involvement in and a greater understanding of sport. Sports Institute, PE courses at Teachers' College of Education and University.

CONTACT

HoD Physical Education - Mr McFarlane