

# Potential career pathways

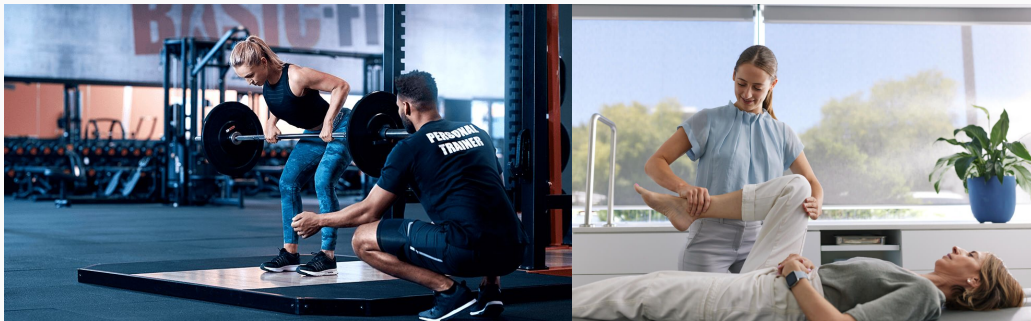
## Health and fitness industry:

- Promoting human performance and physical health are core components of this subject
- e.g. sport scientist, personal trainer, dietitian, health promotion, sport coach

## Medical and physical treatment industry:

- The structure of the human body and how it works is an essential focus of this subject
- e.g. physiotherapist, nurse, paramedic, occupational therapist, massage therapist

If you have any questions or want to have a follow up conversation, please email [joshua.goschnick@baysidecc.vic.edu.au](mailto:joshua.goschnick@baysidecc.vic.edu.au)



*\*Note: New study design starts 2025\**

# VCE PE



**Bayside Christian College Career Expo 2023**

## Unit 1: The human body in motion

**Summary:** Focuses on anatomy (structure) and physiology (function) of the human body, particularly in relation to sporting performance

### Area of Study 1:

How does the musculoskeletal system work to produce movement?

### Area of Study 2:

How does the cardiorespiratory system function at rest and during physical activity?

### Key topics that will be covered:

- Structure and function of the musculoskeletal and cardiorespiratory system
- How these systems work together to create movement in sporting contexts
- Legal and illegal performance enhancement methods
- Sports ethics

## Unit 2: Physical activity, sport and society

**Summary:** Looks at factors that affect physical activity and health. This includes engaging with a number of contemporary issues.

### Area of Study 1:

What are the relationships between physical activity, sport, health and society?

### Area of Study 2:

What are the contemporary issues associated with physical activity and sport?

### Key topics that will be covered:

- Influences that affect people's level of physical activity and sedentary behavior
- Health promotion strategies
- Principles of building a physical activity plan
- Contemporary issues related to physical activity and sedentary behavior

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## Unit 3: Movement skills and energy for physical activity

**Summary:** Primarily looks at the process of refinement of physical skills and the body's energy production

### Area of Study 1:

How are movement skills improved?

### Area of Study 2:

How does the body produce energy?

### Key topics that will be covered:

- Classifying different sport skills and identifying how to best develop them
- Apply fundamental biomechanics
- Analysis characteristics of different energy systems
- Consider acute physiological responses to exercise

## Unit 4: Training to improve performance

**Summary:** Developing an effective training program for their chosen sport

### Area of Study 1:

What are the foundations of an effective training program?

### Area of Study 2:

How is training implemented effectively to improve fitness?

### Key topics that will be covered:

- Fundamental principles for developing a training program to improve performance
- Analysing and using data to inform decisions
- Strategies to reduce risk of injury and increase performance output
- Choosing the best method/s to track training data to influence performance

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