



# Peak Performance

## Description

*This semester long elective aims to provide students with an introductory course to VCE Physical Education and to give students the opportunity to increase their knowledge of movement and physical activity. Physical activity occurs around the students training and competing in a class run mini triathlon.*

## Unit Topics

*Theory: Anatomy and Physiology, Fitness Testing, Training Methods, Fitness Training Principles, Nutrition.*

*Practical activities: Fitness Testing, Running/Endurance Training, Cycling, Swimming, Training Programs, Fitness Training.*

## Skill Development

*Analysis skills, Interpretation skills, Self-reflection skills, Planning and implementation skills, Fitness development, Organisational skills.*

## Possible Assessment Tasks

*Topic tests, Journal Writing, Fitness Testing, Mini-triathlon results, Book work, Fitness Program write-up.*

## Activities/Camps/Excursions

*Regular visits to SPLASH via bikes for swimming, Rail Trail training rides, Mini-triathlon at the Leongatha Sports Precinct, possible visit to local Gymnasium.*

## Career Options

*Personal Trainer, Sports Analyst, Tourism, Sports Research, Recreation Management, Swimming Teacher, Biomechanist, Nutritionist, Physiotherapy, Sports Physician, Statistician, Weight Loss Counsellor, Sports Commentator, Police Officer, Sportsperson.*