

# LIFESTYLE PHYSICAL ACTIVITY

Students will be participating in a variety of Physical Activities. There will also be a focus on the components of fitness and training principles and the design of fitness programs to target particular fitness needs. Students will create their own fitness program and will adhere to it over a set period of time. They will learn the theory behind fitness and movement and participate in skills analysis practicals. This will help to optimise both performance and fitness. Students will also investigate the benefits of fitness and good health on individuals and communities. They will engage in a range of recreational activities relevant to their local community and explore barriers and opportunities for lifelong physical activity participation. This subject is recommended for students who may be interested in Health and Human Development, Physical Education in VCE or VET Sport and Recreation Studies.

Students will be able to:

- Perform and refine specialised movement skills in challenging movement situations
- Evaluate their own and others' movement compositions and provision and application of feedback in order to enhance performance situations
- Develop, implement and evaluate movement concepts and strategies for successful outcomes
- Develop, implement and refine strategies that demonstrate leadership and collaboration skills when working in groups or teams
- Transfer understanding from previous movement experiences to create solutions to movement challenges.

Students will learn:

- Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels
- Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time
- Evaluate and apply health information from a range of sources to health decisions and situations
- Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities
- Critique behaviours and contextual factors that influence the health and wellbeing of their communities.
- Identification of the dominant energy pathway utilised in a variety of aerobic or anaerobic activities determined by the intensity and duration of the activity
- Collection, analysis and reporting on primary data related to responses to exercise and anaerobic and aerobic pathways, and skill acquisition and proficiency.