



Ambarvale High School
PDHPE Faculty Programs
Stage 6 2023-24

Year 12 PDHPE

| Week Term | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
|--------------|---|---|---|---|---|---|---|------------------|-----------------|----|----|--|
| 4 | <p>CORE 2 - Factors Affecting Performance H7, H8, H9, H10, H11, H16, H17</p> <p>How does training affect performance? How can psychology affect performance? How can nutrition and recovery affect performance? How does the acquisition of skill affect performance?</p> | | | | | | | | | | | |
| 1 | <p>CORE 1 - Health Priorities in Australia H1, H2, H3, H4, H5, H14, H15, H16</p> <p>How are priority issues for Australia's health identified? What are the priority issues for improving Australia's health? What role do health care facilities and services play in achieving better health for all Australians? What actions are needed to address Australia's health priority issues?</p> | | | | | | | | | | | |
| 2 | <p>OPTION 4 – Improving Performance H7, H8, H9, H10, H16, H17</p> <p>How do athletes train for improved performance? What are the planning considerations for improving performance? What ethical issues are related to improving performance?</p> | | | | | | | Revision | Trial HSC Exams | | | |
| 3 | <p>OPTION 3 – Sports Medicine H8, H13, H16, H17</p> <p>How are sports injuries classified and managed? How does sports medicine address the demands of specific athletes? What roles do preventative actions play in enhancing the wellbeing of the athlete? How is injury rehabilitation managed?</p> | | | | | | | Exam Preparation | | | | |

Unit Assessment

| TASK | WEIGHTING | DATE |
|--------------------------------|-----------|------------------|
| Factors Affecting Performance | 25% | Term 4 Week 10 |
| Health Priorities in Australia | 25% | Term 1 Week 10 |
| Trial HSC | 30% | Term 2 Week 9/10 |
| Sports Medicine | 20% | Term 3 Week 6 |

*Appropriate Resources for each unit are outlined in Teaching and Learning Programs

Class: _____

Teacher: _____