

COURSE OUTLINE 2012

Subject and Level:

Year 13 Physical Education (NCEA Level 3)

Course Prerequisites:

Academic requirements: Completion of Y12 PE with at least 14 credits or HOD approval.

Other requirements: LPHS PE uniform and no jewelry.

Subject fees: \$10 for course booklets. Cost of Trip (\$250 or less)

Aims:

Students will gain knowledge, skills and experience to:

- Develop and apply strategies to improve their own performance in their sport.
- Understand and review training programmes that increase performance.
- Improve their understanding of their own sport and how it affects their well being.

Course Content:

This course focuses on developing the students own area of sporting expertise. It allows the student to develop, improve and refine their own skills and knowledge in their own chosen sport. It will allow the student to look at their performance and develop strategies to improve their ability. It will also allow them to look at the wider aspects of their sport and how it affects their well being. This is a highly personalised course based around the students own sports and interests.

Assessment:

All assessments are internally assessed. One assessment is based against national standards. All other internal standards are based on your knowledge and understanding of how your chosen sport affects your performance and well being.

Where does this lead to:

Tertiary study at university, including Otago University's School of Physical Education, the Sports Institute etc, as well as employment opportunities in field such as teaching, recreational management, event management, health sciences, sports administration, tourism, coaching, fitness industry, health and safety professions. It will also allow the student to stay in their chosen sport and develop their potential to move higher within that sport.

Appeal procedures:

The PE Department follows the approved LPHS Assessment Appeals procedure.

Contact for further inquiries:

Mr Bayne (scb@lphs.school.nz)

Assessment chart:

AS No	Standard Title	Credits	Internal / External	Format	Indicative Date
AS90739 V2	Apply knowledge to plan a physical activity programme or experience	3	Internal	Written assessment and ongoing evidence from a work log.	End of term 1
AS90740 V3	Explain, with evidence, the effectiveness of a physical activity programme and its influence on hauora/well-being	3	Internal	Written assessment and ongoing evidence from a work log.	End of term 2
AS90741 V2	Appraise performance and review a programme for performance improvement for self or others	5	Internal	Written assessment and completed check list as evidence.	End of term 2
AS90742 V2	Perform a physical activity to nationally developed performance standards	4	Internal	Practical assessment.	End of term 2
AS90744 V2	Examine physical activity and take action to influence the participation of others	5	Internal	Written assessment	End of term 3
AS90743 V2	Optional - Examine a current physical activity event, trend or issue impacting on New Zealand society	4	Internal	Written assessment and involvement in coaching sessions.	End of term 3