

Course Outline (Higher Education)

School:	School of Education
Course Title:	APPLYING EXERCISE SCIENCE PRINCIPLES IN PHYSICAL EDUCATION
Course ID:	PHSED4005
Credit Points:	15.00
Prerequisite(s):	EXSCI2007 & HEALT1111
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED Code:	069903

Description of the Course :

This course enables students to review and enhance their knowledge of the exercise science principles covered in HPE and experiences the practical application of this knowledge in a variety of practical settings. The content will include application of exercise science principles in senior PE topics such as; bodies in motion, sports coaching and physically active lifestyles, physical activity participation and physiological performance, enhancing performance, movement analysis of individuals, movement analysis of team performance, measurement and promotion of physical activity, needs analyses and the planning, implementation and evaluation of training programs.

Grade Scheme: Graded (HD, D, C, etc.)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Program Level:

AQF Level of Program						
	5	6	7	8	9	10
Level						
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Understand the role of exercise science principles in physical education (PE) curriculum, with a specific focus on senior level PE.

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- K2.** Understand and explain how theoretical knowledge from previous relevant exercise science courses relates to practical activities.
- K3.** Explore and explain the relationship between different body systems during physical activity.
- K4.** Discuss effective coaching/teaching practices and how they are applied in practical settings.
- K5.** Identify appropriate and effective methods for measuring and promoting physical activity.
- K6.** Describe different techniques that can be used to enhance performance and promote recovery in safe teaching and learning environments.
- K7.** Understand what is required in effective movement analysis and identify the fundamental differences between analysis of individual and team based movement.
- K8.** Explore existing teaching and learning resources relevant to senior PE curriculum

Skills:

- S1.** Understand the importance of self-motivation, and demonstrate the ability to critically reflect on practice in teaching senior PE.
- S2.** Use a range of communication methods and/or technologies, to develop teaching and learning resources relevant to senior PE curriculum.
- S3.** Contribute to individual and group tasks in an organised and effective way.

Application of knowledge and skills:

- A1.** Draw on previously acquired exercise science knowledge and apply it to practical activities in an integrated manner.
- A2.** Analyse an activity/sport and determine the requirements involved in enhancing performance.
- A3.** Adopt the role of the coach/educator in a variety of practical sessions and reflect and evaluate the experience.

Course Content:

The following topics will be covered and applied to a variety of practical sports and human movement contexts

Topics may include:

- Review of the role of exercise science principles in senior PE
- Bodies in motion
- Sports coaching and physically active lifestyles
- Physical activity participation and physiological performance
- Enhancing performance
- Movement analysis individuals

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- Movement analysis team performance
- Measuring and promoting physical activity
- Needs analyses

Values:

- V1.** Recognise and appreciate the complexity of the human body in human movement settings.
- V2.** Appreciate the need for critical thinking, collaborative discussion and reflection to fully appreciate the role of exercise science in the PE Curriculum.

Graduate Attributes:

FedUni graduate attributes statement. To have graduates with knowledge, skills and competence that enable them to stand out as critical, creative and enquiring learners who are capable, flexible and work ready, and responsible, ethical and engaged citizens.

Attribute	Brief Description	Focus
Knowledge, skills and competence	Students will be encouraged to build on prior exercise science knowledge and relevant sporting experiences, setting an expectation and establishing behaviour patterns to construct new meaning and skill application to adapt to different settings. They will also develop an understanding of the need for, and process of ongoing analysis, development and appropriate incorporation of learning and teacher resources.	High
Critical, creative and enquiring learners	Students will develop self reliance through working independently to meet deadlines for assessment tasks, and consistently reviewing knowledge in preparation for an impromptu student teaching experience. Their critical reflection of their teaching will also add to students' confidence and assurance of becoming a successful learner and teacher.	Medium
Capable, flexible and work ready	Socially responsible attitudes and behaviours will be enhanced through participation in laboratory sessions whereby students will learn to respect the sensitivities and work capacities of others. They will also learn the ethical expectations when working in a senior PE teaching and learning setting.	Medium
Responsible, ethical and engaged citizens	Students will engage with their peers through supportive participation in student teaching experiences and presentations.	Medium

Learning Task and Assessment:

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Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K1-K8, S1-S3, A1-A3	Participation in practical sessions.	At least 90% attendance and participation in practical sessions.	S/U
K1-K8, S2-S3, A2	Demonstrate relevant applications of exercise science principles in practical settings and an ability to critically reflect on an individual impromptu teaching experience.	Impromptu student teaching experience and written reflection.	20-40%
K3-K7, S1-S3, A1-A3	Apply exercise science principles to the development of resources for teaching senior PE curriculum and communicate this information in both a verbal and written form.	1. Written report 2. Verbal presentation	1. 40-60% 2. 20-40%

Adopted Reference Style:

APA