

# PHYSICAL EDUCATION

## CAREERS:

Physical Education is helpful in careers such as: armed services, nursing, event organiser, human resources, police, fire service, recreation officer, PE teacher, primary school teacher, fitness instructor, medicine, dentistry, physiotherapy, occupational therapy, research (fitness, health & recreation), manager of community sports & recreation, professional coach, athlete, bio mechanist, sport psychologist etc.

## Vocational Pathways for Physical Education

### Manufacture and Technology (MT)

If you are interested in a career from hands on production and assembly to construction or even computer design then this is the ideal pathway for you to follow.

**Types of jobs for this Vocational Pathway include:**

• Computer Game Designer • Aircraft Manufacturer • Engineer • Pharmaceutical Technician • Technical Manager

### Primary Industry Sector (PI)

You'll be contributing to an important and sustainable sector that's one of New Zealand's biggest employers and exporters. Whether you're from a rural background or a townie, there's something here for you.

**Types of jobs for this Vocational Pathway include:**

• Biochemist • Farm worker • Fishery Officer • Food Technologist • Hunter/Trapper • Production Manager • Vet • Sports Turf Management

### Service Industry Sector (SI)

With skills from this sector you can work and travel the world. It can be truly inspirational – from travel to tourism, hairdressing to hospitality, physical fitness to financial services. In these jobs you're the brand, dealing directly with people.

**Types of jobs for this Vocational Pathway include:**

• Army Soldier • Chef • Events Manager • Hairdresser • Journalist • Purchasing Officer • Personal Trainer

### Social and Community Services (SC)

With skills from this sector you can: work with people of different ages, life stages, abilities and cultures, counsel and treat people, promote health and offer advice, provide medical research, testing and technical support.

**Types of jobs for this Vocational Pathway include:**

• Corrections • Defence • Fire Fighting • Health • Community • Social Worker • Government

### Creative Industries (CR)

Whether you are looking to move onto further study, training or work, or you're unsure about your options, the yellow pathway will help you plan your study and career options in the Creative Industries.

**Types of jobs for this Vocational Pathway include:**

• Artist • Actor • Screen Printer • Art Director • Technical Manager • Stage/Set Designer • Creative Director

## Level 1 PRACTICAL PHYSICAL EDUCATION

<b>Prerequisite:</b>	Aimed at students who require some extra support with the literacy and numeracy aspects of Physical Education and written assessments. The majority of work is 'Physical Assessment' although there will be some written work for students to undertake. Student's need to demonstrate a strong desire to study Physical Education, be extremely motivated, gained at least Level 4 and above on a consistent basis in Year 10 Physical Education. Students also need to be fully prepared for learning by having correct PE Uniform at all times.
<b>Summary of Course:</b>	This course is designed for students who have a keen interest in Physical Education but who require some extra support with the literacy and numeracy aspects of Physical Education and written assessments. The majority of work is 'Physical Assessment' although there will be some written work for students to undertake.
<b>Fees:</b>	<i>To be confirmed</i>

Assessment	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS90967					•	•	3	Demonstrate strategies to improve performance of a physical activity and describe the outcomes (L)
AS90964				•	•	•	3	Demonstrate quality movement in the performance of a physical activity
AS90966				•	•	•	4	Demonstrate interpersonal skills in a group (L)
AS90969				•	•	•	2	Take purposeful action to assist others to participate in physical activity

(L) = Literacy (N) = Numeracy

<b>Level 1 CORE PHYSICAL EDUCATION</b>	
<b>Prerequisite:</b>	Student's need to demonstrate a strong desire to study Physical Education, be extremely motivated, have gained at least Level 4 and above on a consistent basis in Year 10 Physical Education and have a history of 100% assignment submission in Year 10. Students also need to be fully prepared for learning by having correct PE Uniform at all times.
<b>Summary of Course:</b>	This course is designed for students who have a keen interest in Physical Education and wish to develop their knowledge, skills and understanding across a range of different topics. The course will be approximately 50% theory driven and 50% practical driven so students need to demonstrate a positive attitude to all aspects of the course.
<b>Fees:</b>	NCEA fees apply

Assessment	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS90967					•	•	3	Demonstrate strategies to improve performance of a physical activity and describe the outcomes (L)
AS90964				•	•	•	3	Demonstrate quality movement in the performance of a physical activity
AS90966				•	•	•	4	Demonstrate interpersonal skills in a group (L)
AS90963			•	•	•	•	5	Describe the function of the body as it relates to physical activity (L)
AS90962				•	•	•	5	Participate actively in a variety of physical activities and explain factors that influence participation
AS90970				•	•	•	3	Demonstrate self-management strategies (L)

(L) = Literacy (N) = Numeracy

<b>Level 1 SPORT AND EXERCISE SCIENCE</b>	
<b>Prerequisite:</b>	Student's need to demonstrate strong literacy and numeracy skills, be extremely motivated, have gained at least Level 5 and above on a consistent basis in Year 10 Physical Education, have a strong desire to study Physical Education to a high level and have a history of 100% assignment submission in Year 10. Students also need to be fully prepared for learning by having correct PE Uniform at all times.
<b>Summary of Course:</b>	This course is designed for students who have a keen interest in learning about Physical Education to an advanced level and who see themselves working or being involved in Physical Education or Sport as a possible career option. The course will see students studying elite performance and being exposed to cutting edge technology which analyses how the human body moves and functions. The pathway should involve students progressing through Sport and Exercise Science in Level 2 & 3.
<b>Fees:</b>	To be confirmed

Assessment	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS90967					•	•	3	Demonstrate strategies to improve performance of a physical activity and describe the outcomes (L)
AS90964				•	•	•	3	Demonstrate quality movement in the performance of a physical activity
AS90966				•	•	•	4	Demonstrate interpersonal skills in a group (L)
AS90963			•	•	•	•	5	Describe the function of the body as it relates to physical activity (L)
AS90962				•	•	•	5	Participate actively in a variety of physical activities and explain factors that influence participation.
AS90970				•	•	•	3	Demonstrate self-management strategies (L)
AS90969				•	•	•	2	Take purposeful action to assist others to participate in physical activity

(L) = Literacy (N) = Numeracy

<b>Level 2 PRACTICAL PHYSICAL EDUCATION</b>	
<b>Prerequisite:</b>	Aimed at students who require some extra support with the literacy and numeracy aspects of Physical Education and written assessments. The majority of work is 'Physical Assessment' although there will be some written work for students to undertake. Student's need to demonstrate a strong desire to study Physical Education, be extremely motivated and need to be fully prepared for learning by having correct PE Uniform at all times.
<b>Summary of Course:</b>	This course is designed for students who have a keen interest in Physical Education but who require some extra support with the literacy and numeracy aspects of Physical Education and written assessments. The majority of work is 'Physical Assessment' although there will be some written work for students to undertake.
<b>Fees:</b>	To be confirmed

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
US21795					•		•	3	Demonstrate, instruct, and monitor safe and correct use of cardiovascular exercise equipment
US21794					•	•	•	3	Demonstrate, instruct, and monitor static stretching
AS91330					•		•	4	Perform a physical activity in an applied setting
AS91334					•	•	•	3	Demonstrate social responsibility through the application of a social responsibility model
US21793					•	•	•	2	Demonstrate correct technique when using basic gym equipment
US21791					•	•	•	4	Relate human anatomy and movement to gym equipment and static stretching

<b>Level 2 CORE PHYSICAL EDUCATION</b>	
<b>Prerequisite:</b>	Student's need to demonstrate a strong desire to study Physical Education, be extremely motivated, have gained a range of Achieved, Merit and Excellence grades on a consistent basis in Year 11 Physical Education and other subject areas. They must have a history of 100% assignment submission in Year 11 and need to be fully prepared for learning by having correct PE Uniform at all times.
<b>Summary of Course:</b>	This course is designed for students who have a keen interest in Physical Education and wish to develop their knowledge, skills and understanding across a range of different topics. The course will be approximately 50% theory driven and 50% practical driven so students need to demonstrate a positive attitude to all aspects of the course.
<b>Fees:</b>	NCEA fees apply

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS91329					•		•	4	Demonstrate understanding of the application of Bio-physical principles to training for Physical Activity
AS91330					•		•	4	Perform a physical activity in an applied setting
AS91334					•	•	•	3	Demonstrate social responsibility through the application of a social responsibility model
AS91335					•	•	•	3	Demonstrate understanding of the implementation of a physical event
AS91331					•	•	•	4	Investigate the sociological significance of a Sporting event

<b>Level 2 SPORT AND EXERCISE SCIENCE</b>	
<b>Prerequisite:</b>	Student's need to demonstrate strong literacy and numeracy skills, be extremely motivated, have gained mostly Merits and Excellence on a consistent basis in Year 11 Physical Education and other subjects, have a strong desire to study Physical Education to a high level and have a history of 100% assignment submission in Year 11. Students also need to be fully prepared for learning by having correct PE Uniform at all times.
<b>Summary of Course:</b>	This course is designed for students who have a keen interest in learning about Physical Education to an advanced level and who see themselves working or being involved in Physical Education or Sport as a possible career option. The course will see students studying elite performance and being exposed to cutting edge technology which analyses how the human body moves and functions. This course involves a compulsory Ski Trip. The pathway should involve students progressing through Sport and Exercise Science from Levels 1, 2 & 3.
<b>Fees:</b>	\$400 (including compulsory Ski Trip)

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS91329					•		•	4	Demonstrate understanding of the application of biophysical principles to training for physical activity
AS91330					•		•	4	Perform a physical activity in an applied setting
AS91334					•	•	•	3	Demonstrate social responsibility through the application of a social responsibility model
AS91331					•	•	•	4	Investigate the sociological significance of a Sporting event
AS91328					•		•	5	Demonstrate understanding of how biophysical principles relate to the learning of Physical skills
AS91332					•	•	•	4	Demonstrate an understanding of leadership strategies that contribute to the effective functioning of a group (ski trip)
AS91333					•	•	•	3	Demonstrate understanding of the application of risk management strategies to a challenging outdoor activity (ski trip)

<b>Level 2 PHYSICAL EDUCATION OUTDOOR</b>	
<b>Prerequisite:</b>	Student has ideally taken PE at Level 1 and achieved predominantly at either an achieved or merit level. Student has a history of 100% assignment submission.
<b>Summary of Course:</b>	This course is aimed at students who are interested in practical activities based within the outdoor environment, for example, off track running, rock climbing, skiing and surfing. Each week there will be two practical lessons and two theory lessons. Students must be willing to be out of school once a week and not back until 4pm.
<b>Fees:</b>	\$500 for course

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS91332					•	•	•	4	Demonstrate an understanding of leadership strategies that contribute to the effective functioning of a group
AS91330					•		•	4	Perform a physical activity in an applied setting.
AS91334					•	•	•	3	Demonstrate social responsibility through the application of a social responsibility model.
AS91335					•	•		3	Demonstrate understanding of the implementation of a physical event
AS91333					•	•	•	3	Demonstrate understanding of the application of risk management strategies to a challenging outdoor activity
AS91329					•		•	4	Demonstrate understanding of the application of Biophysical principles to training for Physical Activity

<b>Level 3 PE MODULES</b>	
<b>Prerequisite:</b>	Aimed at students who like to create their own pathway through Level 3 Physical Education. The module based approach allows students to choose a 'Termly Module' so they can choose what topic they would like to cover each term. It is a major advantage if students have studied Physical Education at Level 1 and 2 but is not essential. All students choosing 3PEM must demonstrate a strong desire to study Physical Education at Level 3, be fully committed and motivated to completing the course as well as owning and bringing correct PE uniform to all lessons. Although this course will give students over 14 Level 3 credits in Physical Education, depending on your module choices you may not gather enough Achievement Standards credits to count towards University Entrance. It is highly recommended you check with the teacher before you select a module each term to make sure you will have more than 14 Achievement Standard credits if you need points towards going to university.
<b>Summary of Course:</b>	This course will allow you to choose a Module each term which will include options of Scuba Diving, Surfing, Training for a Triathlon, a Ski Trip and a Rafting Trip amongst others. Students every term can choose their module from two options and can do this for the whole term. This gives the students the opportunity to self-manage their route through Level 3 Physical Education and allow them to experience working with different teachers and students in each module. The Scuba Diving option will provide students with a P.A.D.I. Open Water qualification which is globally recognised. There will be a Ski Trip option in Term 3 as well as a Rafting Trip.
<b>Fees:</b>	\$400 (Ski Trip)

	<b>Module 1</b>			<b>Module 2</b>		
<b>Term 1</b>	<b>Suba Diving Cost = \$250</b>			<b>Surfing Option Cost = \$20 (transport and board hire)</b>		
	US28392	7	Scuba dive in open water to a maximum depth of 18 metres	AS91500	4	Evaluate the effectiveness of a performance improvement programme
	AS91500	4	Evaluate the effectiveness of a performance improvement programme	AS91498	4	Evaluate physical activity experiences to devise strategies for lifelong wellbeing
	AS91498	4	Evaluate physical activity experiences to devise strategies for lifelong wellbeing			
<b>Term 2</b>	<b>Sports Academy – Students choose their own sport to study. Cost = Free</b>			<b>Triathlon Training – Students train for a Triathlon Cost = Entry to triathlon</b>		
	AS91501	4	Demonstrate performance in a chosen physical activity	AS91501	4	Demonstrate performance in a chosen physical activity
<b>Term 3</b>	<b>Ski Trip Module Cost = \$390</b>			<b>Rafting Module Cost = \$45</b>		
	AS91504	3	Analyse issues in safety management for outdoor activity to devise safety management strategies	AS91504	3	Analyse issues in safety management for outdoor activity to devise safety management strategies
<b>Term 4</b>	Catch up and completion			Catch up and completion		

<b>Level 3 PHYSICAL EDUCATION OUTDOOR</b>	
<b>Prerequisite:</b>	Letter of application. Staff selection
<b>Summary of Course:</b>	The course requires students to be out on experience days 6 times throughout the year
<b>Fees:</b>	\$550 which covers transport, accommodation, kayak, adventure camp, ski trip and day activities

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
91498					•	•		4	Evaluate physical activity experiences to devise strategies for lifelong wellbeing
91500					•		•	4	Evaluate the effectiveness of a performance improvement programme
91501					•		•	4	Demonstrate performance in a chosen physical activity. Own choice of activity
91504					•	•		3	Analyse issues in safety management for an outdoor activity
91505	R				•	•		4	Examine contemporary leadership principles applied in Physical Activity contexts

<b>Level 3 PE UNIT STANDARDS</b>	
<b>Prerequisite:</b>	Aimed at students who require some extra support with the literacy and numeracy aspects of Physical Education and written assessments. The majority of the work is 'Practical Coaching Assessment' although there will be some written work for students to undertake. All students choosing 3PEU must demonstrate a strong desire to study Physical Education at Level 3, be fully committed and motivated to completing the course as well as owning and bringing correct PE uniform to all lessons. Although this course will give students 16 Level 3 credits, it is a course of mostly Unit Standards and will not count towards University Entrance. It is not recommended you take this course if you need points toward going to university.
<b>Summary of Course:</b>	The course covers the 'Growing Coaches PLUS' format and recognises students with the skills needed to coach sport at a beginner level. It is an assessment package based on the existing Sport New Zealand Growing Coaches programme, already used in many school across New Zealand. Students taking this course will plan a beginner-level coaching session for sport participants, conduct and review a beginner-level coaching session as well as demonstrate knowledge of basic skills and rules at a beginner level for their chosen sport. If you are a student who would like to develop coaching skills as well as developing a deeper understanding of a range of different sports then this is the course for you.
<b>Fees:</b>	\$15.00

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
US22769					•	•		2 (L2)	Demonstrate knowledge of basic skills and rules at a beginner level for a sport
US22768								6	Conduct and review a beginner level coaching session
US22771								6	Plan beginner level coaching sessions for sport participants
AS91501					•		•	4	Demonstrate performance in a chosen physical activity