

## What Will be Covered at the **Unit 3 Health & HD** and the **PE** Head Start Lectures?

### When You Attend Our 'VCE Summer School Head Start Lectures':

- # You will get **valuable advice** & instruction from **leading VCE teachers** who are current or recent **VCE exam assessors**, giving you **an edge** in the VCE.
- # You will cover key Unit 3 topics to an **A+ standard** in a relaxed, step-by-step manner. Emphasis will be placed on the more **challenging concepts** as well as the topics that will be the **focus of your SACs**.
- # You will work through a large collection of **strategically selected** SAC & exam-style questions.
- # You will learn **how marks are awarded** in the exams & the level of detail required to obtain full marks.
- # You will clarify misconceptions that lose **valuable marks** in SACs exams.
- # You will discover how to recognise **likely sources of error** & the **tricks & traps** that could appear in your SACs & exams.
- # You will refine & extend on your ability to dissect & process **analysis** questions.
- # You will learn new **problem-solving & application skills**.
- # You will discover how to make your SACs stand out so you can secure the **higher subject ranks & SAC marks**.

Each subject course draws on the key knowledge & key skills outlined in the [2023 VCE Study Design](#).



### Unit 3 Health & Human Development

(Part 1 & 2 = 6 Hours Total)

**Topics include: Understanding Health & Wellbeing:** Health, wellbeing & illness with emphasis on the health of Australians, optimum health & wellbeing as an individual, national & global resource, prerequisites for health as determined by the WHO, indicators used to measure & evaluate health status (including incidence, prevalence, morbidity, burden of disease, DALY, life expectancy, HALE & mortality), the factors that contribute to variations in health status between population groups in Australia & the contribution to Australia's health status & burden of disease of smoking, alcohol, high body mass index, & dietary risks. **Promoting Health & Wellbeing:** The progression of public health in Australia since 1900 & the reasons for the improvements in health status & the Australian health system (including Medicare, private health insurance, the PBS & the NDIS) & its role in promoting health & wellbeing.

### Unit 3 Physical Education

(Part 1 & 2 = 6 Hours Total)

**Topics include: How are Movement Skills Improved?:** Classification of, & influences on movement, motor skill development, qualitative movement analysis principles, biomechanical principles for analysis of human movement, the direct & constraints based approaches to coaching & instruction, the stages of, & the factors that affect skill development, practice strategies to improve movement skills & providing feedback. **How Does the Body Provide Energy?:** Fuels, characteristics of the three energy systems for physical activity including rate of ATP production, the yield of each energy system, fatigue/limiting factors & recovery rates associated with active & passive recoveries, the interplay of energy systems in relation to the intensity, duration & type of activity, oxygen uptake at rest, during exercise & recovery, including oxygen deficit, steady state, & excess post-exercise oxygen consumption & the acute physiological responses to exercise in the cardiovascular, respiratory & muscular systems.

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*Really good lecture.  
Loved the teacher's  
passion for the subject.*

*Notes were great. Feel really good  
about what was covered, giving me  
a more competitive edge.*

Student – Canterbury Girls' College



## Enrol Online or Call

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