

## What Will Be Covered? What Will I Learn?

### What Happens During Each Lecture?

During each subject course, you will **thoroughly revise** examinable materials and **extend on** the knowledge you've acquired so you can secure the **highest possible ATAR** result.

#### You will also:

- Work through **carefully selected** exam-style questions that target the key knowledge **most likely** to appear in the exam(s).
- Receive **first-hand advice** regarding how marks are awarded in the exams & what to include in your exam responses to get **full marks**.
- Revise the **harder concepts** (not just the basic principles) & cover the areas that have been **poorly answered** in past VCE exams.
- Learn new **problem-solving strategies** & strengthen examination skills so you can secure **every possible mark** in your exams.
- Discover the **safest & most effective** way to work through questions you haven't seen before.
- Learn how to spot & process the **tricks & traps** that result in the **loss of valuable examination marks**.

This **mark boosting** program is being delivered by the very same teachers who will be **marking your VCE exams!**

Each subject course draws on the **key knowledge & key skills outlined in the 2023 VCE Study Design**.

### Unit 3 Health & Human Development

Exam Essentials: (5 Hours) 

#### You Will Cover the Following Topics:

**Understanding Health & Wellbeing:** The complex, dynamic & global nature of health & wellbeing, benefits & importance of optimal health & wellbeing, prerequisites for health as determined by the WHO, indicators used to measure & understand health status, Australia's health status data, the burden of disease of smoking, alcohol, high body mass index & dietary risks. **Promoting Health & Wellbeing:** Changes to public health approaches, improvements in population health over time & reasons for such improvements, Australia's health system (Medicare, PBS, NDIS & private health insurance), evaluation of the role & effectiveness of health promotion strategies, initiatives that have been introduced to improve Indigenous health & wellbeing & to promote healthy eating in Australia.

### Unit 4 Health & Human Development

Exam Essentials: (5 Hours) 

#### You Will Cover the Following Topics:

**Health & Wellbeing in a Global Context:** Characteristics of, similarities & differences in health status & burden of disease in high-, middle- & low-income countries, changes in burden of disease over time, sustainability, human development & the HDI, implications for health & wellbeing due to climate change, conflict, mass migration, tourism, digital technologies & world trade.

Exam Highlights: (3.5 Hours) 

### Health & the Sustainable Development Goals:

The rationale, objectives & key features of the UN's SDGs, relationships between SDG 3 & SDGs 1, 2, 4, 5, 6 & 13, purpose & characteristics of the different types of aid, features of effective aid programs, Australia's aid program – features, priority areas & partnerships involved, how individuals can engage with communities, national & international organisations to promote health & wellbeing, priorities & the work of the WHO.

### Unit 3 & Unit 4 Physical Education

Exam Highlights: (3.5 Hours) 

#### Unit 3 Physical Education

#### You Will Cover the Following Topics:

**How are Movement Skills Improved?:** Development & refinement of movement skills using biomechanical & skill acquisition principles, qualitative movement analysis principles, biomechanical principles for analysis of human movement, direct & constraints based approaches to coaching & instruction, sociocultural factors that affect skill development, the 3 stages of learning, practice strategies to improve movement skills (amount, distribution & variability), types of & frequency of feedback. **How Does the Body Produce Energy?:** Systems & mechanisms associated with energy production (fuels, ATP-CP, anaerobic glycolysis, aerobic system, ATP production rate, yield of each energy system), factors contributing to fatigue, recovery strategies used to return to pre-exercise conditions, oxygen uptake during rest, exercise & recovery, oxygen deficit, steady state & excess oxygen consumption, the roles in supplying oxygen & energy to muscles & the physiological responses to exercise in the cardiovascular, respiratory & muscular systems.

#### Unit 4 Physical Education

#### You Will Cover the Following Topics:

**What are the Foundations of an Effective Training Program?:** Activity analysis, fitness components (aerobic power, agility, anaerobic capacity, balance, body composition, coordination, flexibility, muscular endurance, power & strength, reaction time & speed), fitness assessment, methods of at least two standardised, recognised tests for aerobic power, agility, anaerobic capacity, body composition, flexibility, muscular endurance, power, speed & strength. **How is Training Implemented Effectively to Improve Fitness?:** Monitoring & recording physiological, psychological & sociological training data, components of an exercise training session, training program principles & methods, psychological strategies used to enhance performance & aid recovery, nutritional & rehydration recovery strategies & chronic adaptations of the cardiovascular, respiratory & muscular systems to aerobic, anaerobic & resistance training.

