



Level 3 Physical Education

3PED

What is this course about?

This course is where students get to deepen their knowledge of the concepts of performance improvement, movement analysis and societal issues impacting New Zealand society. Students also get to apply the learning and new knowledge in their specific areas of interest to further develop their own physical activity goals.

To begin students get to apply their knowledge of functional anatomy and biomechanics to complete a movement analysis of a skill in their chosen physical. Then using the same knowledge offer suggestions of feedback to make improvements on their skill. Following on students will develop knowledge around increasing fitness components and skill acquisition to devise strategies to improve their performance in a physical activity of their choice. Then to round off their knowledge they will research the issues around sport and physical activity in New Zealand.

What sorts of things will I do?

Students will have much greater control on how they apply their knowledge to physical activity. The aim of this course is to empower students with the knowledge and tools to be able to identify and improve on weaknesses in their sport and apply proven researched techniques to allow them to become bigger, faster, stronger, better in their area of choice.

What standards can I enter?

NCEA Level	Standard Number	Name of standard	Version number	Credits	Assessment	Approximate assessment date
3	AS91499 3.2	Analyse a physical skill performed by self or others	2	3	L	Week 10 Term 1
3	AS91500 3.3	Evaluate the effectiveness of a performance improvement programme	2	4	L	Week 10 Term 2
3	AS91501 3.4	Demonstrate quality performance of a physical activity in an applied setting	2	4		Week 9 Term 2
3	AS91502 3.5	Examine a current physical activity event, trend, or issue and its impact on New Zealand society	2	4	L R	Week 10 Term 3
3	AS91789 3.9	Devise strategies for a physical activity outcome	2	4	L	Week 5 Term 3

Key for assessment column:

N - L1 and UE numeracy

L - L1 literacy

R - UE reading literacy

Frequently asked questions

- Do I need to have PE gear?
- Yes, you do need to bring a change of appropriate clothes to participate in practical lessons. However, there is no set PE uniform.
- How many practical sessions are in the course?
- The course has a practical nature to the teaching and learning. There will be times when you are in the class completing theoretical learning and other times you will be learning in a practical setting. This can change depending on what is best for the classes learning needs. However you should be doing practical learning about half of the time
- Is Physical Education a university approved subject?
- Yes physical education is a university approved subject and is assessed through NCEA standards.

Subject requirements for assessment authenticity

All work submitted for achievement or unit standards must be your own. You must not share your assessment work with anyone else. If you miss an assessment for any reason you must fill in a Missed assessment form (available at Reception). There is a process for appeals of internal grades in the student handbook.