

Potential career pathways

VCE pathways:

- Unit #1 & #4 ties in heavily with the VCE PE content
- Each unit includes optional 'extension' content that prepares them for VCE PE
- Particularly valuable for VCE VM students doing a health and fitness based career pathway

Health and fitness industry:

- Promoting human performance in a sporting context is the core focus of this subject
- e.g. sport scientist, personal trainer, dietitian, sport coach, PE teacher

Medical and physical treatment industry:

- The structure of the human body and how it works is an essential part of some units
- e.g. physiotherapist, nurse, paramedic, occupational therapist, massage therapist

If you have any questions or want to have a follow up conversation, please email joshua.goschnick@baysidecc.vic.edu.au



Bayside Christian College Career Expo 2023

Year 9/10 Athletic Development



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Unit 1: Introduction to training program development

Brief summary: The focus for this unit is on how the human body can adapt to stress placed on it within a performance context.

This unit connects heavily to VCE PE

What do we do get to do?

Over the course of the unit you will get to design and use your own personalised training program for your chosen sport.

Key topics that will be covered:

- Basic anatomy and physiology of the musculoskeletal and cardiorespiratory systems
- Essential training program design principles
- Different types of performance enhancing methods

Unit 2: Foundational sporting tactics

Brief summary: Students consider the competitive advantage they (or their team) possess within different sporting contexts and how best to leverage them in an ethical manner.

What do we do get to do?

Students participate in a variety of different sports and reflect on the effectiveness of the strategies and tactics they used.

Key topics that will be covered:

- Core general strategies for different sporting environments
- Objectively analysing strengths and weaknesses within different competitive settings
- What are the moral boundaries for leveraging competitive advantages

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Unit 3: Fundamentals of sports coaching

Brief summary: This unit looks at a deceptively simple question; “What makes a good coach?” and subsequently, how do you become one.

What do we do get to do?

Students will be equipped with practical skills on how to coach, before running small group sessions with their peers.

Key topics that will be covered:

- Considering if the role of the coach goes beyond physical performance and developing the person
- Investigating different coaching philosophies and techniques
- Practical steps to develop players skills and game readiness

Unit 4: Biomechanics 101

Brief summary: In this unit students consider the underlying principles of how the human body moves **This unit connects heavily to VCE PE**

What do we do get to do?

Students will engage in a number of different sporting movements and using video analysis to refine them.

Key topics that will be covered:

- Essential biomechanics principles for how the human body moves and how they relate to performance
- Applying movement concepts to improve technique for different sporting movements
- Basic anatomy and physiology of the musculoskeletal system

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