Implementing the new VCE Physical Education Study Design with the Live It Up series

Starting in January 2017, VCE teachers will start implementing the new Study Design for Physical Education. The phased implementation—with Units 1 and 2 in 2017, followed by Units 3 and 4 in 2018—gives teachers time to become familiar with the significant changes across both year levels.

To align with the new Study Design, Jacaranda is publishing a fourth edition of the popular Live It Up series in conjunction with ACHPER that includes features to help teachers manage the transition. Units 1-2 will be published for 2017 and Units 3-4 will be published for 2018.

Keep reading to learn more about the changes, and how the new Live It Up ensures complete coverage of the new Study Design in a way that is accessible for all students.

How ‘new’ is the new VCE Physical Education Study Design?

The new Study Design for VCE Physical Education includes major changes across the series that all teachers need to be aware of:

• Socio-ecological model, physical activity and sedentary behaviour guidelines and measuring physical activity participation are now in Units 1 and 2
• Detailed studies have been removed from Units 1 and 2
• Contemporary issues in sport has been added as a new topic in Unit 2
• Movement skills, biomechanics, instruction and stages of learning, practice strategies and feedback are now in Units 3 and 4
• Legal and illegal substances and methods have moved from Unit 4 to Unit 1
• Sociocultural factors have been added throughout Units 1, 2, 3 and 4

Now, let’s take a closer look at each unit in greater detail.
Units 1 and 2

Unit 1: The human body in motion now has two Areas of Study:

• Area of Study 1: How does the musculoskeletal system work to produce movement?
• Area of Study 2: How does the cardiorespiratory system function at rest and during physical activity?

Unit 2: Physical activity, sport and society now has two Areas of Study:

• Area of Study 1: What are the relationships between physical activity, sport, health and society?
• Area of Study 2: What are the contemporary issues associated with physical and sport?

New or restructured content includes:

• The socio-ecological model (SEM) is now in Unit 2 and the Youth Physical Activity Promotion (YPAP) model has been added, which is a new model available for use in conjunction with, or instead of, SEM to evaluate physical activity promotion
• Unit 1 contains content on legal and illegal substances and methods used to enhance performance, including discussion of ethical/sociocultural issues (previously in Unit 4)
• Area of Study 2: Issues in physical activity and sport is completely new, with a focus on health promotion
• Detailed studies have been removed across both units

Units 3 and 4

Unit 3: Movement skills and energy for physical activity retains two Areas of Study:

• Area of Study 1: How are movement skills improved?
• Area of Study 2: How does the body produce energy?

Unit 4: Training to improve performance retains two Areas of Study:

• Area of Study 1: What are the foundations of an effective training program?
• Area of Study 2: How is training implemented to improve fitness?

New or restructured content:

• Unit 3 includes content on biomechanics and skill acquisition (previously in Unit 1 and 2)
• Unit 4 includes content on the purpose of fitness testing from physiological, psychological and sociocultural perspectives, as well as high intensity interval training and the use of technology to record training
• Implementation of a training program is no longer required in Unit 4
• Content on physiological strategies to enhance recovery and anti-doping codes has been removed from Unit 4

For more detailed information about the changes, please visit the VCAA website at http://www.vcaa.vic.edu.au/Pages/vce/studies/physicaledu/phyeduindex.aspx.

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Our approach to the Study Design changes

The majority of the changes in the new VCE Physical Education Study Design are straightforward and have been addressed in the new editions of Live It Up by adding in new content as required, and refreshing existing content with updates to the copy and even imagery for a fresh take on the new Study Design.

However, there are two significant changes that are open to interpretation in the Study Design, and therefore, by different publishers. Here is a snapshot of Jacaranda’s response to these areas in the new editions:

- Sociocultural and environmental influences on performance and participation in physical activity have been added in all Units (rather than limited to a few chapters) and these are now covered throughout the Live It Up series

- The brand new Area of Study 2 (Issues in physical activity and sport) is covered in detail across three full chapters in the revised Live It Up, Unit 2:
  - Chapter 14: brief overviews of all the issues, including influences and strategies
  - Chapter 15: in depth look at Active Transport: analysis via the Youth Physical Activity Promotion model
  - Chapter 16: in depth look at cultural diversity in sport: analysis via the Socio-ecological model (SEM)
Why should teachers choose the new edition of *Live it Up*?

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<th>Benefit</th>
<th>Description</th>
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<td>Increased student engagement</td>
<td>A greater range of digital resources, including interactivities, videos featuring demonstrations of physical activities and weblinks to the latest research and information, help explain complex information and apply knowledge.</td>
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<td>No student is left behind or held back</td>
<td>Clear and useful visual learning aids, including diagrams, tables, flow charts and engaging digital resources, cater for a range of learning styles to help all students. Extensive resources built into each chapter, such as practice exam questions and Key Skills Exam practice tasks, enable students to improve their study skills and allow teachers time to work individually with students.</td>
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<td>Teachers gain confidence in their coverage of the Study Design</td>
<td>The author team include highly credentialed and leading experts in the subject of VCE Physical Education, many of whom hold positions of leadership within schools and regularly present at conferences. All content has been peer reviewed and reviewed by academics, ensuring that all material is accurate and based on the latest scientific research. Through their thorough knowledge of the Study Design, the authors have developed a clear structure for each unit. Each chapter is mapped closely to each Area of Study and outcomes to ensure complete and comprehensive coverage of the Study Design in the precise level of detail required to prepare students for assessment.</td>
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<td>Teachers save time</td>
<td>The eGuidePLUS provides teachers with a curriculum grid and answers to all activities in the text so teachers can spend less time preparing and more time teaching. What’s more, lesson planning is easier when key knowledge points from the Study Design are broken down into key concepts and presented as visually engaging, digestible, lesson-based sections.</td>
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<td>Value for money</td>
<td>Jacaranda’s unique online exam preparation tool, studyON, is now included and fully integrated across the series – no separate purchase is required. Much more than a study guide, students can practise VCAA and custom-authored questions on a particular concept, topic or the entire course, either online or offline, and receive instant feedback. The Teacher Edition is a powerful diagnostic tool that enables teachers to track and assign activities and monitor progress at an individual, group or whole class level.</td>
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Availability

The Live It Up: VCE Physical Education VCE Units 1-4 Fourth Edition product suite includes:

- eBookPLUS
- eBookPLUS and print textbook
- studyON (comes with the title)
- eGuidePLUS (Teacher Edition)

For more information about the series, including features, pricing and sample chapters, please visit www.jacaranda.com.au/vce