



UNIT 3 VCE PHYS ED 'WORKOUT'

Here is a great opportunity for your Phys Ed students!

Rob Malpeli is ready to take your PE students through a “Unit 3 Workout” via a 2-3 hour **fully customisable** session that will include extensive notes, plenty of opportunities to clarify content understanding with application and exam style questions.

Rob will travel to your school and cover :

- Skill Acquisition Principles
- Coaching and Skill Improvement
- Biomechanical concepts of Human Movement
- Cardiovascular, Respiratory and Muscular System responses to exercise, including oxygen deficit, steady states and EPOC
- Three Energy Systems and the associated fuels used for activities of varying Intensity and Duration.
- Factors contributing to Fatigue as well as Recovery strategies used to return to pre-exercise conditions.

Customisable - How?

- Select when the session runs : during school; after school; lunchtime and adjoining class or mid-year break (popular option)
- Select the duration : 2 - 3 hours
- Select the focus : cover all key areas; focus more on one; spend more time on Q & A and application, etc

Interested ?

If you are interested, call Rob : [0413760549](tel:0413760549) to discuss your 'wish-list' or

email : rob@peakphysed.com.au

NOTE – UNIT 4 VCE PE WORKOUT SESSIONS ALSO AVAILABLE