



Peak Phys Ed Exam Performance
make our revision programs part of your game plan

Features of the program

The revision program will be presented by **Robert Malpeli** along with guest presenters who are all authors, experienced teachers or exam markers.

Maximum student interaction will be encouraged.

- ▲ **Every** exam area will be covered with sample questions discussed.
- ▲ Exam technique and question analysis will be covered.

All participants receive a comprehensive set of notes.

All aspects of the course likely to be examined will be covered with advice provided on:

- ▲ **Characteristics of Skills and Stages of Learning**
- ▲ **Improving Skills**
- ▲ **Biomechanics - Kinetic concepts**
- ▲ **Biomechanics – Kinematic Concepts & Equilibrium**
- ▲ **Acute responses to exercise**
- ▲ **Energy Systems interplay to produce ATP & movement**
- ▲ **Energy system fatigue and recovery mechanisms**
- ▲ **Fitness components used in sports & activities**
- ▲ **Assessment of Fitness**
- ▲ **Activity analysis in sports**
- ▲ **Training program methods & principles**
- ▲ **Training Program methods**
- ▲ **Training program planning, implementation & evaluation**
- ▲ **Chronic Adaptations to training**
- ▲ **Psychological ways to enhance performance & recovery**

2018 PE EXAM REVISION PROGRAMS

Dates	Times	Venues
Wednesday Aug 29 th	5.30 - 8.30pm	Kardinia Int. College (Geelong)TBC
Thursday Aug 30 th	5.30 - 8.30pm	MacKillop College (Werribee)
Monday Sept 3 rd	5.30 - 8.30pm	Melbourne Grammar
Tuesday Sept 4 th	6.00- 9.00 pm	Wodonga Senior Sec College
Wednesday Sept 5 th	5.30 - 8.30pm	Parade College (Bundoora)
Thursday Sept 6 th	5.30 - 8.30pm	Xavier College
Monday Sept 10 th	4.30 - 7.30pm	Keilor Downs Secondary College
Tuesday Sept 11 th	6.00 – 9.00pm	Monash University (Frankston)
Wednesday Sept 12 th	5.00 - 8.00pm	Horsham Secondary College
Thursday Sept 13 th	5.30 - 8.30 pm	Damascus College (Ballarat)
Monday Sept 17 th	5.30 - 8.30pm	Penleigh & Essendon Grammar
Tuesday Sept 18 th	5.30 - 8.30pm	Melbourne Uni (Shepparton)
Thursday Sept 20 th	5.30 – 8.30pm	Catholic College (Bendigo)
Monday Sept 24 th	10 am – 1.00pm	Mentone Grammar
Wednesday Oct 3 rd	1.00 - 4.00pm	Deakin University (Warrnambool)
Tuesday Oct 9 th	5.00 - 8.00pm	Knox School (Wantirna)
Wednesday Oct 10 th	5.00 - 8.00pm	Doncaster Secondary College
Thursday Oct 11 th	5.00 - 8.00pm	St Paul's AAGS (Gippsland)

The program is presented over 3 hours. Students should choose the date/venue that is most suitable & indicate a 2nd preference for other session.

THE COST IS \$60.00* PER SESSION (GST inc.)

P. E. teachers accompanying students are admitted free of charge.

A limited number of places will be available on the day, however, interested applicants are advised to ensure their place by early enrolment.

Place Confirmation - Closing Dates: 2 days prior to each session
Places are strictly limited

2017 programs received an overwhelming response – it is essential to secure your place in the revision program at your earliest opportunity

Email enquiries & registrations to:

rob@peakphysed.com.au

ABN – 28423617946

Cut and attach to your \$60 payment or register via email and pay on the day. (made payable to PEAK PHYS ED)

NB – Confirmations will only be sent to an email address

Name.....

Email.....

School.....

Preferred venue number & name:-

1st Pref :.....2nd Pref:

Send registration & payment to - Peak Phys Ed, PO Box 4033, Balwyn East, 3103 or register via: rob@peakphysed.com.au