



**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**

**2019 PE EXAM REVISION PROGRAMS**

Dates	Times	Venues
Monday August 26 <sup>th</sup>	5.30 – 8.30pm	MacKillop College (Werribee)
Tuesday Aug 27 <sup>th</sup>	5.30 - 8.30pm	Kardinia Int. College (Geelong)
Wednesday Aug 28 <sup>th</sup>	5.30- 8.30 pm	Wodonga Senior Sec College
Tuesday Sept 3 <sup>rd</sup>	5.30 - 8.30pm	Xavier College
Tuesday Sept 10 <sup>th</sup>	6.00- 9.00 pm	Damascus College (Ballarat)
Wednesday Sept 11 <sup>th</sup>	5.30 - 8.30pm	Horsham Secondary College
Thursday Sept 12 <sup>th</sup>	6.00 - 9.00pm	Monash University (Frankston)
Monday Sept 16 <sup>th</sup>	5.30 - 8.30pm	Penleigh & Essendon Grammar
Tuesday Sept 17 <sup>th</sup>	5.30 – 8.30pm	Melbourne Grammar
Wednesday Sept 18 <sup>th</sup>	5.00 - 8.00pm	Melbourne Uni (Shepparton)
Thursday Sept 19 <sup>th</sup>	5.30 - 8.30 pm	Parade College (Bundoora)
Monday Sept 23 <sup>rd</sup>	5.00 – 8.00 pm	Catholic College (Bendigo)
Tuesday Sept 24 <sup>th</sup>	10am – 1.00 pm	Mentone Grammar
Thursday Oct 3 <sup>rd</sup>	10.00am-1.00pm	Deakin University (W/bool)
Tuesday Oct 8 <sup>th</sup>	5.30 - 8.30pm	Knox School (Wantirna)
Wednesday Oct 9 <sup>th</sup>	5.00 - 8.00pm	St Paul's AAGS (Gippsland)
Thursday Oct 10 <sup>th</sup>	5.00 - 8.00pm	Doncaster Secondary College

The program is presented over 3 hours. Students should choose the date/venue that is most suitable & indicate a 2<sup>nd</sup> 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](mailto: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:-

1<sup>st</sup> Pref :.....2<sup>nd</sup> Pref: .....

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