

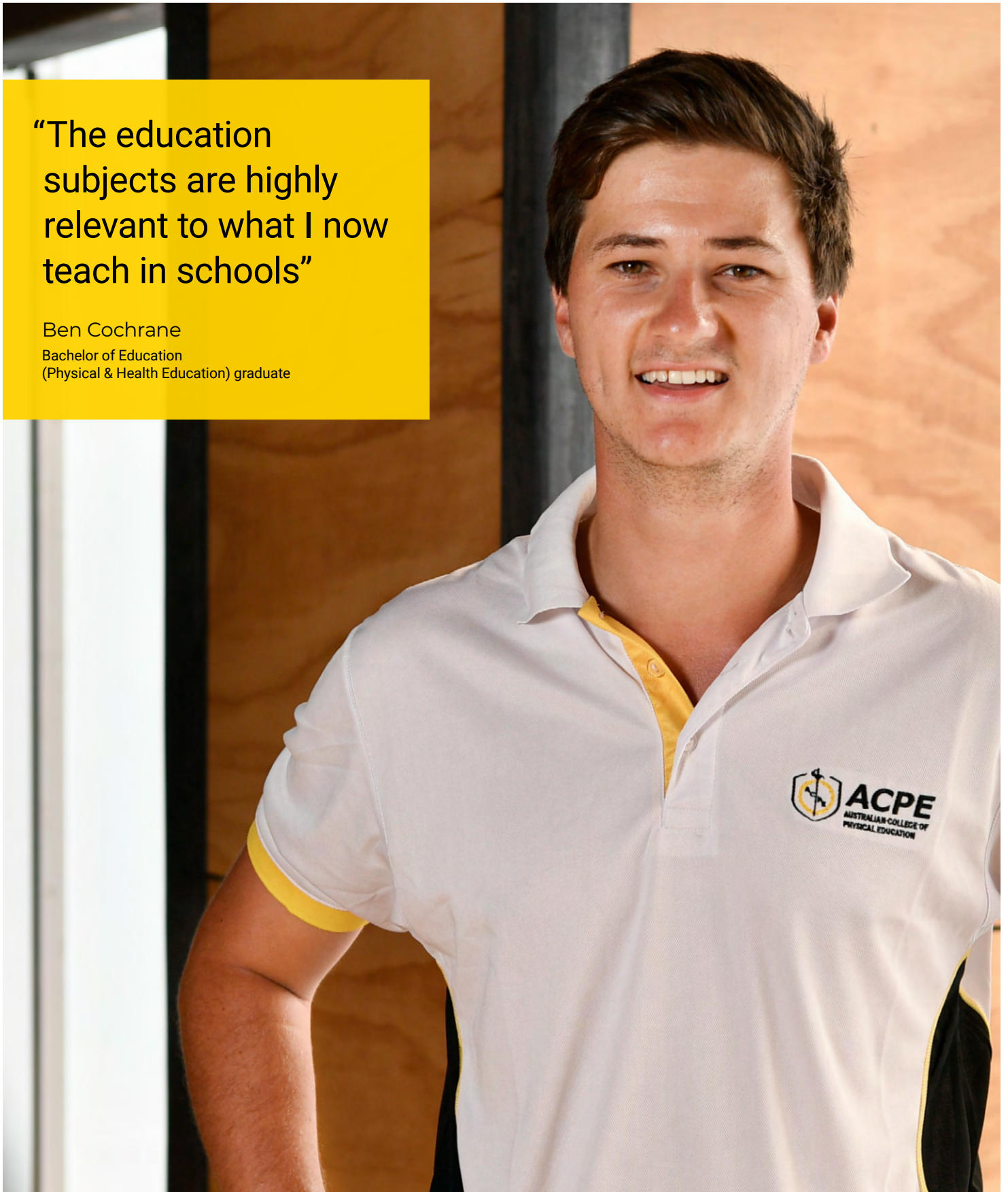
2021 Course Brochure  
Bachelor of Education  
(Physical & Health Education)



**ACPE**  
AUSTRALIAN COLLEGE OF  
PHYSICAL EDUCATION

“The education subjects are highly relevant to what I now teach in schools”

Ben Cochrane  
Bachelor of Education  
(Physical & Health Education) graduate



The Bachelor of Education (Physical & Health Education) is a specialist professional qualification that accredits students as Personal Development, Health and Physical Education teachers. This degree develops the requisite pedagogical and unit content knowledge to be a confident, effective and classroom ready PDHPE teacher. To ensure classroom readiness students undertake school-based professional experience placements throughout their degree.

#### COURSE DURATION

4 years full time or part time equivalent.

#### STUDY MODE

Face-to-face on campus, selected units available online.

#### SEMESTER INTAKES

March and August annually on campus.

#### FEE-HELP

FEE-HELP Approved, Payment Plans, Upfront payment available.

Tuition payment arrangements must be confirmed upon admission to the college.

#### TRANSFER CREDIT

An applicant may apply for an assessment of their prior learning at the time of applying for entry to an award course of the college.

#### ENTRY REQUIREMENTS

##### Direct Entry

To be admitted directly into the Bachelor of Education (Physical & Health Education), applicants must demonstrate one of the following:

1. Achieve at least three Band 5 HSC results, including one in English; or
2. Pass bridging units benchmarked to a Band 5 HSC result; or
3. Completion of a NESA approved alternative entry pathway as advised by your prospective university; or
4. Have completed a Higher Education Degree.

#### National Literacy & Numeracy Test

The Literacy & Numeracy Test for Initial Teacher Education Students is designed to assess initial teacher education students' personal literacy and numeracy skills. In NSW all teacher education students are required to pass the test before starting their final professional experience placement. The tests are administered by the Australian Council for Education Research and all details are on the Literacy and Numeracy Test in Initial Teacher Education (LANTITE) website.\*

#### Pathway Entry

An applicant for an Education Degree who does not meet the criteria for direct entry may be permitted to enrol in a linked undergraduate degree (Bachelor of Health and Movement (Sport)) and apply for transfer at the end of Year 1 under the following conditions:

1. Pass all first year units and demonstrate a credit average; or
2. A credit average in a full year of academic studies at another institution in a degree with ACPE-equivalent; or
3. Pass both the literacy and numeracy components of the official ACER Literacy and Numeracy Initial Teacher Education test (LANTITE).\*

#### ASSESSMENTS

While some units require mid-term and final exams, assessments may also comprise essays, research tasks, practical presentations and dance performances. Students enrolled in an online unit sit their final exam at the College or if they live at a distance, under external supervision.

#### ONLINE LEARNING

Selected units available online **for students enrolled in courses that are not fully online.** Online units in these courses are taught with a viable cohort of students. If the cohort in these units is too small to ensure an optimal

student experience, the College reserves the right to alter the delivery mode to on campus or mixed mode.

#### CAREER OPPORTUNITIES

Graduates are qualified to pursue a range of careers including:

- PDHPE Secondary
- Specialist PE Primary School Teacher
- Sport Development Officer
- School Sports Coordinator
- Recreation Officer

#### ABOUT ACPE

The Australian College of Physical Education (ACPE) is one of the oldest higher education providers in NSW. For 100 years the College has provided first rate qualifications in physical education (PDHPE), dance education, sports business, health science, health and movement, coaching, applied fitness, and community health. ACPE courses are delivered at its purpose-built campus in Sydney Olympic Park, with a range of courses and individual units offered online.

\*Note: From 2016 all Initial Teacher Education students are required to pass the Government implemented literacy and numeracy test (LANTITE) prior to their final professional experience placement. Students must successfully complete the final professional experience placement to satisfy for the requirements for the Bachelor of Education (Physical & Health Education) course. This test is administered by ACER, not the Australian College of Physical Education. There is a cost associated with taking this external test. The fee for both test components (literacy test and numeracy test) in 2019 is \$196 (GST inclusive). The fee for a single test component (literacy test or numeracy test) in 2019 is \$98 (GST inclusive). More information can be found on the ACER website: [teacheredtest.acer.edu.au](http://teacheredtest.acer.edu.au).



FEE-HELP Available



Selected Units Available Online



Full Time or Part Time Study Load

# BACHELOR OF EDUCATION (PHYSICAL & HEALTH EDUCATION)

## FULL TIME COURSE STRUCTURE

Code	Unit Title	Contact Hrs/Wk	Credit Points	EFTSL	Pre-req	Online	Campus
<b>SEMESTER 1 – 1ST YEAR</b>							
GHS1301	Understanding Health	5	6	0.125	Nil		✓
HSC1104	Skill Acquisition	3	6	0.125	Nil	✓	✓
PER1101	Principles of Movement	3	6	0.125	Nil		✓
PER1106	Sport and the Social Context	3	6	0.125	Nil	✓	✓
<b>SEMESTER 2 – 1ST YEAR</b>							
GHS1201	Health Priorities for Australia	3	6	0.125	Nil	✓	✓
GHS2201	Health: A Sociological Perspective	3	6	0.125	GHS1301	✓	✓
HSC1202	Musculoskeletal Anatomy and Physiology	3	6	0.125	Nil	✓	✓
PER1202	Theory and Application of Playing and Coaching Sport	3	6	0.125	Nil		✓
<b>SEMESTER 3 – 2ND YEAR</b>							
EDU1104	Introduction to Teaching and Professional Experience	3	6	0.125	Nil		✓
EDU1201	Child and Adolescent Development	3	6	0.125	Nil		✓
EDU2105	Contemporary Youth Health	3	6	0.125	GHS1301		✓
PER2101	Composition and Performance	3	6	0.125	PER1101 or PER1202		✓
EDUEXP1	Professional Experience 1				Nil		Off-campus
<b>SEMESTER 4 – 2ND YEAR</b>							
EDU2206	Teaching HPE I	3	6	0.125	EDU1104		✓
EDU1204	Learning and Cognition	3	6	0.125	Nil		✓
GHS2202	Principles of Health Promotion	3	6	0.125	GHS1301	✓	✓
HSC1201	Application of Maths and Statistics for Health and Sport	3	6	0.125	Nil		✓
EDUEXP2	Professional Experience 2				EDUEXP1 & EDU2206		Off-campus
<b>SEMESTER 5 – 3RD YEAR</b>							
EDU2104	Advanced Classroom Skills	3	6	0.125	EDU1104		✓
EDU2106	Teaching Physical Activity and Sport	3	6	0.125	PER1202		✓
GHS2104	Youth Health and Resilience	3	6	0.125	GHS1301	✓	✓
EDU2107	Student Diversity and Sociocultural Influences	3	6	0.125	EDU2101		✓
EDUEXP3	Professional Experience 3				EDUEXP2		Off-campus
<b>SEMESTER 6 – 3RD YEAR</b>							
EDU3207	Teaching HPE II	3	6	0.125	EDU2206		✓
EDU3208	Applied Biomechanics & Sports Medicine in PDHPE	3	6	0.125	HSC1202		✓
EDU3209	Literacy & Numeracy for Learning & Teaching	3	6	0.125	EDU2206		✓
PER2301	Athletics and Aquatics Specialisation	3	6	0.125	HSC1202		✓
<b>SEMESTER 7 – 4TH YEAR</b>							
HSC2103	Applied Exercise Physiology	3	6	0.125	HSC1202		✓
EDU4101	Principles and Practices in Assessment and Reporting	3	6	0.125	EDU3207		✓
EDU4103	Teaching Students with Special Needs in the Inclusive Classroom	3	6	0.125	EDU3207		✓
GHS2102	Health and Activity for Diverse Populations	3	6	0.125	GHS1201		✓
<b>SEMESTER 8 – 4TH YEAR</b>							
EDU3201	Aboriginal and Torres Strait Islander Education	3	6	0.125	EDU2107		✓
EDU4202	Community and Family Studies	3	6	0.125	EDU3207		✓
EDU4205	Professional Learning and Leadership in Education	3	6	0.125	EDU3207		✓
EDU4204	Transition to Teaching	3	6	0.125	EDU4101 and EDU3207 and EDUEXP3; EDUEXP4		✓
EDUEXP4	Professional Experience 4				LANTITE and EDUEXP3 and EDU3207; coreq EDU4204		Off-campus

### Domestic Students

1300 302 867

Apply online at [acpe.edu.au](http://acpe.edu.au)

### International Students

+61 2 9739 3314

[international@acpe.edu.au](mailto:international@acpe.edu.au)

HOW TO APPLY?



Code	Unit Title	Description
<b>Semester 1</b>		
GHS1301	Understanding Health	This unit introduces students to the field of health and how various social and environmental determinants shape it. Students will also learn fundamental academics skills required for success in all aspects of their studies and will be applying these to their study of health.
HSC1104	Skill Acquisition	This unit provides students with the theoretical background and practical experiences that allow them to understand how the acquisition of motor skills affects performance.
PER1101	Principles of Movement	This unit explores the principles of movement and fundamental movement skills that form the foundation for future engagement in sport and physical activity.
PER1106	Sport and the Social Context	This unit provides a history of sport within Australia and addresses the sociological perspectives, including culture, gender, ethnicity, media and politics, emerging from the study of sport history.
<b>Semester 2</b>		
GHS1201	Health Priorities for Australia	The aim of this unit is to examine the influences on Australians' health and wellbeing. The unit explores the national health priority areas of Australia, investigating risk and protective factors which contribute to these health priorities. In addition, the unit explores current governmental and non-governmental strategies which focus on improving the health of all Australians.
GHS2201	Health: A Sociological Perspective	This unit explores health as a result of particular historical, social, cultural, political and economic circumstances. It examines theories and concepts based on current research and encourages students to evaluate differing viewpoints on issues relating to health in an Australian context.
HSC1202	Musculoskeletal Anatomy and Physiology	This unit provides students with a basic knowledge of anatomical structures and their function in the human body. Content will focus on function and integration of the neuro-musculoskeletal system relevant to human movement.
PER1202	Theory and Application of Playing and Coaching Sport	This subject develops knowledge of different instructional models available for the coaching of sport, as well as the strengths and weaknesses of those models. It also provides students with the opportunity to evaluate their ability to improve athletic development in others.
<b>Semester 3</b>		
EDU1104	Introduction to Teaching and Professional Experience	This unit provides teacher education students with the skills, knowledge and understanding required for planning and teaching quality learning sessions, and the skills to evaluate and critically reflect on their own teaching, and student learning. This unit content is linked to the first professional experience placement in primary school
EDU1201	Child and Adolescent Development	This unit provides students with an understanding and appreciation for the way in which human development occurs in the different phases of childhood and adolescence. This unit's content informs and complements student's knowledge when planning for effective teaching and learning sequences.
EDU2105	Contemporary Youth Health	Teacher education students will explore range of contemporary health issues which affect Australian youth including mental health, diet and physical activity, drug use, sexual health and road safety. There is a strong focus on taking a strengths based approach to teaching health, and providing teacher education students with the knowledge and understanding of how to develop students' health literacy skills.
PER2101	Composition and Performance	This unit emphasises analysis and refinement of performance and composition through the examination of dance and gymnastics. More generally, underlying themes of feedback and assessment are utilised in improving performance.
EDUEXP1	Professional Experience 1	Introduction to Teaching (10 days). This professional experience is carried out in a primary school setting, under the supervision of an ACPE supervisor.
<b>Semester 4</b>		
EDU2206	Teaching HPE I	Teacher education students develop the knowledge and skills that enable them to create effective teaching and leading sequences covering the Stage 4 & 5 content from the K-10 PDHPE syllabus. In addition to this, teacher education students develop knowledge and understanding of the five propositions that underpin the K-10 PDHPE syllabus, and explore the role of assessment and moderation to support consistent and comparable judgement of student achievement.
EDU1204	Learning and Cognition	This unit is situated in the context of Educational Psychology and focuses on giving teacher education students knowledge and understanding of learning and cognition to meet the specific learning needs of students across the full range of abilities. A particular focus of the unit will be on encouraging teacher education students to explore and implement instructional strategies derived from researched theories and evidence-based practice.
GHS2202	Principles of Health Promotion	In this unit, students learn that health promotion is the synergistic interaction between health education and public policy. The core values of health promotion are equity and empowerment, therefore this unit recognises the influence of power and politics in the exploration of approaches to public health issues.
HSC1201	Application of Maths and Statistics for Health and Sport	This unit provides students with the mathematical and statistical understanding required for future tertiary studies. Students will gain the knowledge and understanding of algebraic reasoning and statistical modelling, and will carry out a small scale investigation into an area of academic interest. Students will develop skills required for statistical analysis of data.
EDUEXP2	Professional Experience 2	Introduction to Teaching in Secondary School (15 days). Teacher education students are introduced to teaching in a secondary school environment.
<b>Semester 5</b>		
EDU2104	Advanced Classroom Skills	In this unit teacher education students develop a deeper understanding of pedagogy to facilitate and enhance teaching and learning in the 21st century. The unit has focus on the areas of Information and Communication Technology (ICT) and classroom and behaviour management.
EDU3106	Teaching Physical Activity and Sports	This unit is focused on providing teacher education students with the necessary knowledge and skills required to teach physical activity, sport and fitness in schools. The unit also enables teacher education students to explore and evaluate additional syllabuses: Physical Activity and Sports Studies (PASS) and Sport, Lifestyle and Recreation (SLR) that can support and extend the successful delivery and implementation of PDHPE.
GHS2104	Youth Health and Resilience	This unit critically unpacks two key trends understanding and approaching youth health; the traditional perspective of identifying current and potential deficits before offering aid, and the more recent and emerging paradigm based upon resilience, which is often included within Positive Youth Development (PYD) models.
HSC2103	Student Diversity and Socioculture Influences	This unit focuses on sociocultural influences and their impact on students' educational outcomes. It develops teacher education students' knowledge of culturally inclusive teaching strategies which are responsive to the learning strengths and needs of students from diverse linguistic, cultural, religious and socioeconomic backgrounds.
EDUEXP3	Professional Experience 3	Developing Professional Practice (20 days); this professional experience is in a secondary school setting.
<b>Semester 6</b>		
EDU2201	Teaching HPE II	This unit is focused on providing teacher education students with the necessary skills and knowledge required to implement the Stage 6 PDHPE Syllabus in NSW. teacher education students will examine the processes of planning, teaching and assessing.
EDU3208	Applied Biomechanics & Sports Medicine in PDHPE	The unit is focused on providing teacher education students with the necessary knowledge and skills required to teach the K-10 and Stage 6 PDHPE syllabus content relating to biomechanical principles, first aid and sports medicine.
EDU3209	Literacy & Numeracy for Learning & Teaching	This unit provides teacher education students with information on the nature of literacy and numeracy and the ways they are embedded in the relevant unit areas. Teacher education students will develop the ability to apply literacy and numeracy knowledge in the creation of lessons and units, and provide appropriate feedback designed to enhance student outcomes.
PER2301	Athletics and Aquatics Specialisation	This unit develops within students a deep understanding of the training demands, skills and movement principles in both athletic (track and field) and aquatic events. It also aims to critically analyse the specific biomechanical and physiological principles that apply to various athletic and aquatic events. Lastly, it aims to develop an understanding of injury management of sport performance in athletic and aquatic events.
<b>Semester 7</b>		
HSC2103	Applied Exercise Physiology	This unit introduces students to the physiological bases of human movement. It examines the interactions between cardiovascular, respiratory, and musculoskeletal systems as well as bioenergetics neurological and hormonal aspects of human performance.
EDU4101	Principles and Practices in Assessment and Reporting	This unit will equip teacher education students with the essential knowledge, skills and understanding to plan and develop effective and valid assessment for units of work in their teaching programs, and to implement reporting requirements in NSW schools.
EDU4103	Teaching Students with Special Needs in the Inclusive Classroom	The aim of this unit is to provide teacher education students with the knowledge of legislative responsibilities, educational policies and processes as they relate to educational settings for students with special needs. Teacher education students will develop knowledge of effective teaching and learning strategies, and behaviour support for students with a range of special educational needs.
GHS2102	Health and Activity for Diverse Populations	In this unit students will examine the unique sociocultural, physiological and psychological characteristics of diverse populations and identify specific health and physical activity issues related to each population. Students will then explore how physical activity can be adapted to promote life-long health and participation in physical activity for these populations.
<b>Semester 8</b>		
EDU3201	Aboriginal and Torres Strait Islander Education	This unit develops an understanding of the educational and cultural issues experienced by Aboriginal and Torres Strait Islander peoples. Teacher education students will be equipped with the knowledge, skills and sensitivity required to meet the needs of Indigenous students.
EDU4202	Community and Family Studies	This unit aims to prepare teacher education students with the requisite knowledge and pedagogical skills required to competently implement the Child Studies (CS) Year 7-10 Syllabus and the Stage 6 Community and Family Studies (CAFS) Syllabus.
EDU4205	Professional Learning and Leadership in Education	This unit requires teacher education students to understand, engage in and evaluate the role of professional learning in the careers of teachers and educational leaders. Teacher education students will be required to identify and plan for their own professional learning needs. This unit also introduces teacher education students to the study of leadership within a variety of contexts within educational organisations.
EDU4204	Transition to Teaching	This unit focuses on applying and demonstrating the classroom skills, knowledge and practices related to the elements of planning, teaching, assessing and reflecting that have been covered throughout the course. Teacher education students will be expected to illustrate their skills, knowledge and practices through evidence of their performance aligned to the Graduate Teacher Standards through the satisfactory completion of a Teaching Performance Assessment. This unit is integrated with, and prepares teacher education students for the final Professional Experience (PEX 4)
EDUEXP4	Professional Experience 4	This is the final PEX placement. Teacher education students must have passed the ACER LANTITE to be able to go on PEX4.

The Australian College of Physical Education reserves the right to vary the frequency, availability and scheduling of online unit offerings depending on demand and professional body requirements. Students should gain advice from relevant professional bodies as to the acceptable amount of online learning that may be undertaken to obtain association recognition. Policies and procedures relating to study with the College, including the Course Viability Policy, are available online at [acpe.edu.au](http://acpe.edu.au).