



## 2026 Program – Ballarat

Federation University delivers highly regarded study programs in sport including our Exercise & Sport Science and Health/PE Teaching degrees.

Did you know that over 500 VCE Physical Education students visit Federation University campuses each year as a part of their VCE experience?

This **FREE** program presentation is uniquely timed to fit in with the Unit 3 VCE curriculum, using sophisticated equipment and facilities that allow students to actively participate in each learning activity. These practical and engaging activities examine the key knowledge and skills required in the areas of study.

We invite you to bring your VCE Unit 3 physical education students to enhance their learning through cutting edge laboratories, where lecturers and experts will present theoretical concepts and current research, as well as demonstrate state-of-the-art sports science equipment.

Presented by expert University lecturers



Dr Ryan Worn



Dr Mathew O'Grady

Semester One: 1st - 5th June | 9th - 12th June

**Unit 3: Movement skills & energy for physical activity**

- Improving movement skills
- Physiological responses to training

**Limited spaces available, don't miss out!**



## Units covered

Students will participate in two 75 minute laboratories that reflect the unit of study  
**Unit 3 Movement skills and energy for physical activity**

### Lab 1: Improving movement skills (75 mins)

Analysis and classification of movement skills including fundamental movement skills, sport specific skills

Types of feedback relative to movement

Biomechanical principles and their relationship with the analysis of human movement

Qualitative analysis of a movement skill using video and systematic observationLab



### Lab 2: How does the body produce energy (75 mins)

VO2 max testing to measure oxygen uptake at rest, during exercise and recovery

Acute responses to exercise in the cardiovascular, respiratory and muscular systems

Characteristics and interplay of the three energy systems  
 Health and Lifestyle

Relative contributions of the energy systems and fuels used to produce ATP



### Program bookings

To secure your place in this program:  
 Lodge the [VCE PE Program Booking Form](#)

### Contact us for further information

Please email us at the following address:  
[vcepe.program@federation.edu.au](mailto:vcepe.program@federation.edu.au)

[Federation.edu.au](http://Federation.edu.au)  
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