VCE Physical Education  
Units 1–4: 2017–2024

Resources

Some of the print resources contained in this list may be out of print. They have been included because they may still be available from libraries, bookshops and private collections.

At the time of publication the URLs (website addresses) cited were checked for accuracy and appropriateness of content. However, due to the transient nature of material placed on the web, their continuing accuracy cannot be verified. Teachers are strongly advised to prepare their own indexes of sites that are suitable and applicable to the courses they teach, and to check these addresses prior to allowing student access.

Books

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Physical education information and organisations

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About.com Sports Medicine  
[http://sportsmedicine.about.com/](http://physiologyonline.physiology.org/)

Overtraining Issues and Injuries  
[http://sportsmedicine.about.com/od/overtraining/Overtraining.htm](https://www.asep.org/index.php/resources/jep-online/)

Active Healthy Kids Canada  
[www.activehealthykids.ca/](http://www.activehealthykids.ca/)

America on the Move  
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Be Active  
[www.beactive.com.au/](http://www.ausport.gov.au/)

Better Health Channel  
[www.betterhealth.vic.gov.au](http://www.health.gov.au/internet/main/publishing.nsf/Content/Nutrition+and+Physical+Activity-1)

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Brainmac Sports Coach  
[www.brainmac.co.uk](http://www.brainmac.co.uk)

Conditioning  
[www.brianmac.co.uk/conditon.htm](http://www.brianmac.co.uk/conditon.htm)

Energy Pathways  
[www.brianmac.demon.co.uk/energy.htm](http://www.brianmac.demon.co.uk/energy.htm)

Performance Evaluation Tests  
[www.brianmac.co.uk/eval.htm](http://www.bodyandsoul.com.au)

Personal Exercise Plan  
[www.brianmac.co.uk/pep.htm](http://www.olympics.com.au)

Planning the training  
[www.brianmac.co.uk/plan.htm](http://www.peakcentre.ca/)

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[www.bbc.co.uk/science/humanbody](http://www.beactive.com.au/)

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Bicycle Victoria

[www.bv.com.au](http://www.bv.com.au)

Cancer Council Victoria (Anti-Cancer Council of Victoria)  
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Prevalence of Meeting Physical Activity Recommendations in Australian Secondary Students  
[www.cancervic.org.au/downloads/cbrc\_research\_papers/Obesity\_research/Physical\_activity\_research\_memo\_NaSSDA.pdf](http://www.bbc.co.uk)

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Physical Activity Resources for Health Professionals  
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Chronic Disease Prevention and Health Promotion   
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Champion Data  
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Coachesinfo.com  
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<http://cricket.com.au/default.aspx?s=diaries-blogs>

Cricket Victoria – Blind cricket

[www.cricketvictoria.com.au/get-involved/blind-cricket](http://www.cricketvictoria.com.au/get-involved/blind-cricket)

Diabetes Australia (Vic)  
[www.diabetesvic.org.au](http://www.diabetesvic.org.au)

Dieticians Association of Australia  
[www.daa.asn.au/](http://www.daa.asn.au/)

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Dr Greg Wells  
[www.drgregwells.com/](http://www.brianmac.co.uk/pep.htm)

EliteTrack  
[www.elitetrack.com/](http://www.physiotherapy.asn.au)

Exercise and Sports Science Australia

[www.essa.org.au](http://www.abs.gov.au)

Exercise Research Australia  
[www.exerciseresearch.com.au/](http://sportsmedicine.about.com/)

ExRx Fitness Testing  
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Find Thirty  
[www.findthirty.com.au/](http://www.findthirty.com.au/)

Fitness Australia  
[www.fitness.org.au](http://www.fitness.org.au)

Gatorade Sports Science Institute  
[www.gssiweb.com/](http://www.gssiweb.com/)

Glycemic Index  
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[www.howstuffworks.com/](http://www.coachesinfo.com/)

Body Systems  
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How Exercise Works  
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Inner Body  
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International Association of Athletics Federation  
[www.iaaf.org/](http://www.iaaf.org/)

International Council of Sport Sciences and Physical Education  
[www.icsspe.org/](http://www.dsr.org.au/)

International Physical Activity Questionnaire  
[https://sites.google.com/site/theipaq/](http://www.drgregwells.com/)

Likeagirl campaign

[https://www.youtube.com/watch?v=XjJQBjWYDTs](http://www.elitetrack.com/?v=XjJQBjWYDTs)

National Public Health Partnership  
[www.nphp.gov.au](http://www.bikeworldnews.com/2011/01/18/bmc-tests-rider-power/)

Strategic Inter-Governmental Forum on Physical Activity and Health  
[www.nphp.gov.au/workprog/sigpah/](http://www.exerciseresearch.com.au/)

National Sports Museum  
[www.nsm.org.au](http://www.exrx.net/Testing.html)

New South Wales Government Department of Health  
[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

NSW Schools Physical Activity and Nutrition Survey (SPANS) 2010  
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<http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=11433116>

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[www.nismat.org](http://www.greatist.com/)

Nutrition Australia  
[www.nutritionaustralia.org/](http://www.greatist.com/health/the-complete-guide-to-workout-nutrition/)

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[www.peakcentre.ca/](http://www.greatist.com/fitness/caffeine-boosts-exercise-endurance/)

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[www.peakphysed.com.au](http://www.howstuffworks.com/)

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[www.physioroom.com/](http://www.nutritionaustralia.org/)

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[www.physioroom.com/research/training\_methods\_1.php](http://www.physioroom.com/research/training_methods_1.php)

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[www.psywww.com/index.html](http://www.psywww.com/index.html)

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[www.ptcentral.com/](http://www.ptcentral.com/)

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[www.realbodywork.com/articles/game-muscles-1/](https://sites.google.com/site/theipaq/)

Real world physics of sport

[www.real-world-physics-problems.com/physics-of-sports.html](http://www.bikeworldnews.com/)

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Sport and Recreation Victoria  
[www.sport.vic.gov.au](http://www.nsm.org.au)

Sport England – Go where women are: engaging women and girls in sport and exercise

[www.sportengland.org/media/806351/gowherewomenare\_final\_01062015final.pdf](http://www.sportengland.org/media/806351/gowherewomenare_final_01062015final.pdf)

‘This girl can’ campaign

[www.thisgirlcan.co.uk/](http://www.thisgirlcan.co.uk/)

Sports Fitness Advisor  
[www.sport-fitness-advisor.com/](http://www.nismat.org)

Exercise Physiology  
[www.sport-fitness-advisor.com/exercise-physiology.html](http://www.physioroom.com/)

Sport Integrity Australia  
[www.sportintegrity.gov.au/](https://www.sportintegrity.gov.au/)

[Education page](https://www.sportintegrity.gov.au/what-we-do/education)  
[eLearning page](https://elearning.sportintegrity.gov.au/)  
[Resource kit](https://www.sportintegrity.gov.au/sites/default/files/Sport%20Integrity%20Australia%20-%20Secondary%20Schools%20Resource%20Kit%20-%2029Oct2020%20-....pdf)

Sport Medicine Australia  
[www.sma.org.au](http://www.sma.org.au)

SportScience  
[www.sportsci.org/](http://www.sportsci.org/)

StrengthCoach.com  
[www.sportspecific.com/](http://www.brianmac.co.uk/plan.htm)

The Lung Association  
[www.lung.ca](http://www.pponline.co.uk/)

Inside the Human Body – The Respiratory System  
[www.lung.ca/children/index\_kids.html](http://www.peaksports.com/)

The PE Geek  
[http://thepegeek.com/](http://www.peakphysed.com.au)

Topend Sports  
[www.topendsports.com/](http://www.sport-fitness-advisor.com/exercise-physiology.html)

Fitness Testing  
[www.topendsports.com/testing/](http://www.topendsports.com/testing/)

United States National Physical Activity Plan  
[www.physicalactivityplan.org/](http://www.physicalactivityplan.org/)

University of Illinois – Sports and Nutrition  
<http://urbanext.illinois.edu/hsnut/>

University of Western Australia School of Biomedical, Biomolecular and Chemical Sciences  
[www.biomedchem.uwa.edu.au/](http://www.biomedchem.uwa.edu.au/)

University of Wollongong Active Health  
[www.activehealth.uow.edu.au](http://www.ptcentral.com/muscles/)

VicHealth  
[www.vichealth.vic.gov.au](http://www.realbodywork.com/articles/game-muscles-1/)

Parental fear a barrier to kid’s physical activity  
[www.vichealth.vic.gov.au/Media-Centre/Media-Releases-by-Topic/Physical-activity/Survey-shows-parental-fear-hinders-kids-physical-activity.aspx](http://www.real-world-physics-problems.com/physics-of-sports.html)

Physical Activity  
[www.vichealth.vic.gov.au/en/Programs-and-Projects/Physical-Activity.aspx](http://www.runnersworld.com)

Victoria Police – Take the Fitness Test  
[www.policecareer.vic.gov.au/police/apply/hints-and-tips](http://www.smartplay.com.au)

Victorian Department of Human Services  
[www.dhs.vic.gov.au](http://www.activehealth.uow.edu.au)

Victorian Department of Planning and Community Development  
[www.dpcd.vic.gov.au](http://www.athleticinsight.com/)

Victorian Institute of Sport  
[www.vis.org.au](http://www.vis.org.au)

Victorian Olympic Council  
<http://corporate.olympics.com.au/vic/>

VicSport  
[www.vicsport.asn.au](http://www.vicsport.asn.au)

Western Australia Department of Education  
[www.det.wa.edu.au/](http://www.sport-fitness-advisor.com/)

Active Transport Resource  
[www.det.wa.edu.au/curriculumsupport/physicalactivity/detcms/navigation/teaching-and-learning-support/choose-active-transport--k-7-/?oid=Category-id-11385798](http://www.topendsports.com/?oid=Category-id-11385798)

World Anti-Doping Agency

[www.wada-ama.org/en/](http://www.sportspecific.com/)

World Health Organization  
[www.who.int](http://www.lung.ca)

Global Recommendations on Diet, Physical activity and Health  
[www.who.int/dietphysicalactivity/factsheet\_recommendations/en/index.html](http://www.lung.ca/children/index_kids.html)

Information and communications technology (ICT) and applications

Subject specific software

Dartfish  
[www.dartfish.com.au](http://www.det.wa.edu.au/)

Kinovea  
[www.kinovea.org/en/](http://aso.gov.au/education/)

The PE Geek Apps  
<http://thepegeek.com/apps/>

Surveymonkey

[www.surveymonkey.com/](http://www.surveymonkey.com/)

Visualcoaching Pro  
[www.visualcoaching.com](http://www.visualcoaching.com)

Webbsoft Technologies  
[www.webbsoft.biz](http://www.webbsoft.biz)

Sound, images and video

Australian Screen

[http://aso.gov.au/education/](http://www.dhs.vic.gov.au)

Australian Sports Commission

[www.ausport.gov.au/](http://www.vichealth.vic.gov.au)

Innovations in Medical Education Video Library  
[http://videos.med.wisc.edu/videos/recent/](http://www.vichealth.vic.gov.au/Media-Centre/Media-Releases-by-Topic/Physical-activity/Survey-shows-parental-fear-hinders-kids-physical-activity.aspx)

Social Ecological Model

<http://videos.med.wisc.edu/videoInfo.php?videoid=5742>

SBS Sports View Podcasting  
[www.sbs.com.au/podcasts/sport/](http://www.vichealth.vic.gov.au/en/Programs-and-Projects/Physical-Activity.aspx)

You Tube  
[www.youtube.com](http://biology.about.com/od/biologylabhowtos/ht/lungmodel.htm)

23 and ½ hours: what is the single best thing we can do for our health?  
[www.youtube.com/watch?v=aUaInS6HIGo&feature=youtu.be](http://www.ausport.gov.au/?v=aUaInS6HIGo&feature=youtu.be)

Dem bones you tube clip

[www.youtube.com/watch?v=cLi55MV04a8](http://videos.med.wisc.edu/videos/recent/?v=cLi55MV04a8)

Loyola Women’s Lacrosse – Jen Adams Mic’d Up  
[www.youtube.com/watch?v=joh03fn-06g&playnext=1&list=PL38211797FD9ED17B](http://www.sbs.com.au/podcasts/sport/?v=joh03fn-06g&playnext=1&list=PL38211797FD9ED17B)

NZ coach approach – Coaching Styles  
[www.youtube.com/watch?v=xQi\_i-YqkQQ](http://www.youtube.com?v=xQi_i-YqkQQ?v=xQi_i-YqkQQ)

Out of Control – Coach’s Curse  
[www.youtube.com/watch?v=-k2SXcnkNtM](http://www.kinovea.org/en/?v=-k2SXcnkNtM)

Race Food Wrap Up with Dr Allen Lim  
[www.youtube.com/watch?v=bcjhlpv4wWk](http://www.youtube.com/watch?v=bcjhlpv4wWk)

What’s for Dinner with Allen Lim  
[www.youtube.com/watch?v=VoiH8Y-yLgw](http://www.youtube.com/watch?v=VoiH8Y-yLgw)