



# HSC PDHPE Study Timetable 2017

 PAST PAPER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

MON	TUE	WED	THURS	FRI	SAT	SUN
<b>18 SEP</b>	<b>19</b>	<b>20</b> How to Answer PDHPE Q's	<b>21</b> Measuring health Status Identifying Priority Health Issues	<b>22</b> Groups Experiencing Health Inequities (P1) Groups Experiencing Health Inequities (P2)	<b>23</b> High Levels of Preventable Chronic Disease... High Levels of Preventable Chronic Disease... (P2) Growing & Ageing Population	<b>24</b> Health Care in AUS Complementary & Alternative Health Care Approaches
<b>25</b> Ottawa Charter (P1) Ottawa Charter (P2)	<b>26</b>	<b>27</b> Energy Systems Types of Training & Training Methods	<b>28</b> Principles of Training Physiological Adaptations to Training	<b>29</b> Motivation Anxiety & Arousal Psychological Strategies to Enhance Motivation & Manage Anxiety	<b>30</b> Nutritional Considerations Supplementation Recovery Strategies	<b>1 OCT</b> Stages of Skill Acquisition Characteristics of the Learner
<b>2</b> The Learning Environment Assessment of Skill & Performance	<b>3</b>	<b>4</b> Strength Training Aerobic Training Anaerobic Training	<b>5</b> Flexibility Training Skill Training	<b>6</b> Initial Planning Considerations Planning a Training Year (Periodisation)	<b>7</b> Elements to be Considered when Designing a Training Session Planning to Avoid Overtraining	<b>8</b> Use of Drugs Use of Technology
<b>9</b>	<b>10</b> Ways to Classify Sports Injuries Soft Tissue Injuries	<b>11</b> Hard Tissue Injuries Assessment of Injuries	<b>12</b> Children & Young Athletes Adults & Aged Athletes Female Athletes	<b>13</b> Physical Preparation Sports Policy & Environment	<b>14</b> Environmental Considerations Taping & Bandaging	<b>15</b> Rehabilitation Procedures Return to Play
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>

PDHPE Exam  
at 9:25am

Good luck!