



HPE

SENIOR OFFERINGS

INFORMATION

BOOKLET

Physical Education

Health

Sport & Recreation

Certificate III Fitness

Sports Academy

QCAA Queensland Curriculum
& Assessment Authority



Binnacle
Training
RTO CODE 31319

Hawks in HPE are **H**ardworking **P**ositive and **E**ngaged

We play on the field of **RESPECT**



Physical Education

g e n e r a l

ABOUT PHYSICAL EDUCATION

This General course through QCAA is geared towards academically-minded students who have a strong interest in human movement and performance analysis.

Excellent for the intelligent student who enjoys HPE and delving deeper into their own performance.

Across the two-year course, students:

- Investigate fundamental movement concepts and biomechanics
- Explore psychological factors, barriers, and enablers in physical activity
- Develop tactical awareness and ethical behaviour in performance.
- Study and apply concepts surrounding energy, fitness, and training for optimal personal performance.

They evaluate and justify strategies about and in movement by drawing on informed, reflective decision-making about their involvement.

FAST FACTS

- ✓ QCE Credits: Up to 4
- ✓ Typical Pre-Requisites include a B for English or Humanities and a B for HPE or Science
- ✓ 95% of the 5525 students who studied General PE across Qld received a C or better in 2024.
- ✓ Scales at the same level as General Mathematics.



Although students engage heavily in practical activities, it is through purposeful and authentic experiences of gathering, analysing and synthesising data related to this activity that takes focus, with students devising strategies to optimise engagement and performance.

STUDENT QUOTE

"I LIKE THAT WE USE VIDEO TO ANALYSE OUR PERFORMANCES TO UNDERSTAND HOW TO IMPROVE"

NOT GOOD AT SPORT?

As physical performance is only worth 12 marks out of the 100 available, even a moderately competent physical performer who enjoys engaging with theoretical aspects will thrive in this subject. If you enjoy HPE and are academically minded, this subject is for you.



ASSESSMENT

Formative Assessment 1

Project Folio - up to 11 minutes
Biomechanics in Badminton

Formative Assessment 2

In class Examination
Multi-Choice, Short & Extended Response
Motor Learning and Sports Psychology

Formative Assessment 3

Video Evidence of Physical Performance

Formative Assessment 4

Investigation - 2000 words
Equity in Sport and Physical Activity

Internal Assessment 1 (Sum)

Investigation - 2000 words
Ethics and Integrity in Sport & Physical Activity

Internal Assessment 2 (Sum)

Project Folio - up to 11 minutes
Tactical Awareness in Badminton

Internal Assessment 3 (Sum)

Project Folio - up to 11 minutes
Energy, fitness and training in physical activity

External Examination

2 hours response time
Energy, fitness and training in physical activity



Health general

ABOUT HEALTH

This General course through QCAA is 100% classroom based and is also geared towards academically-minded students.

Health focuses on a strengths-based inquiry of the various determinants that create and promote lifelong health, learning and active citizenship.

The Health inquiry model provides the conceptual framework for this subject and the subject uses a range of over-arching health models, all underpinned by a salutogenic (strengths-based) approach, which focuses on how health resources are accessed and enhanced.

In Health, students reframe broad health topics into specific contextualised health issues for further investigation and they plan, implement, evaluate and reflect on action strategies that mediate, enable and advocate change through health promotion.

Across the two-year course, students study:

- Resilience as a personal health resource (personal resilience)
- Peers and family as resources for healthy living (Body Image)
- Community as a resource for healthy living (Homelessness)
- Respectful relationships in the post-schooling transition.

FAST FACTS

- ✓ QCE Credits: Up to 4
- ✓ Typical Pre-Requisites include a B for English or Humanities.
- ✓ 96% of the 2300 students who studied General Health across Qld received a C or better in 2024.
- ✓ Scales about the same as PE and General Mathematics.



This subject highlights the value and dynamic nature of wellness, alongside the purposeful processes and empathetic approach needed to enact change. Students plan, implement, evaluate and reflect on action strategies that mediate, enable and advocate change through health promotion.

STUDENT QUOTE

“OUR HEALTH CLASS HAS THE BEST DISCUSSIONS. WHERE WOULD I BE WITHOUT MY HEALTH FAMILY.”

GOOD AT WRITING?

Anyone who writes competently, enjoys in-depth class discussions about vulnerable topics as well as researching health issues and proposing solutions.



ASSESSMENT

Formative Assessment 1

Investigation - up to 2000 words
Resilience as a personal health resource

Formative Assessment 2

Examination - Extended Response
Resilience as a personal health resource

Formative Assessment 3

Investigation - up to 2000 words
Peers/Family as resources for life (Body Image)

Formative Assessment 4

Examination - Extended Response
Peers/Family as resources for life (Body Image)

Internal Assessment 1 (Sum)

Action Research - up to 2000 words (25%)
Community as a resource for healthy living

Internal Assessment 2 (Sum)

Examination - Extended Response (25%)
Community as a resource for healthy living

Internal Assessment 3 (Sum)

Investigation - up to 2000 words (25%)
Respectful relationships in the post-schooling transition.

External Examination

Extended Response - 2 hours response time
Post-schooling transition



Sport & Recreation

applied

ABOUT SPORT & RECREATION

This Applied course is easier than the General subject of Physical Education.

The skills developed in Sport & Recreation may be oriented toward work, personal fitness or general health and wellbeing. Students will be involved in learning experiences that allow them to develop their interpersonal abilities.

Each unit requires that students engage in sport and/or recreation activities. They investigate, plan, perform and evaluate procedures and strategies and communicate appropriately to particular audiences for particular purposes.

Topics include:

- Event Management
- Fitness
- Coaching and Officiating
- Community Recreation

FAST FACTS

- ✓ QCE Credits: Up to 4
- ✓ Typical Pre-Requisites include passing a previous semester of HPE.
- ✓ Being Applied, this subject can contribute to an ATAR but doesn't scale well, so if a high ATAR is a priority, this subject may not be for you.
- ✓ Assessment is made up of investigating, planning, performing and evaluating.



There is plenty of involvement in physical activity however performance assessments are centred around the unit topics (e.g. coaching or event management) - so 'being good at sport' doesn't necessarily mean success in this subject.

STUDENT QUOTE

"I'VE ALWAYS WANTED TO BE THE COACH, THE TRAINER, THE ORGANISER...NOW I GET TO!"

NOT GOOD AT SPORT?

As long as you like getting out and about and trying your hand at things that are a little bit different, this is a great choice for you.

Any student, regardless of physical capabilities, who is ready and willing to engage in the learning will thrive in Sport & Recreation.



ASSESSMENT

Formative Assessment - Unit 1

Project - Event Management
500 word Investigation and Planning
4 minutes video of performing coaching or officiating
500 word Evaluation

Formative Assessment - Unit 2

Project - Fitness
500 word Investigation and Planning
4 minutes video of delivering session to peer
500 word Evaluation

Internal Assessment 1 (Sum) - Unit 3

Project - Coaching
500 word Investigation and Planning
4 minutes video of delivering marketing strategy
500 word Evaluation

Internal Assessment 2 (Sum) - Unit 3

Performance Video and Evaluation - Officiating

Internal Assessment 3 (Sum) - Unit 4

Project - Community Recreation
500 word Investigation and Planning
4 minutes video of performance
500 word Evaluation

Internal Assessment 4 (Sum) - Unit 4

Performance Video and Evaluation - Com. Rec.



Sports Academy

a p p l i e d / v o c a t i o n a l

ABOUT SPORTS ACADEMY

This course is **ONLY FOR STUDENTS WHO ARE CURRENTLY IN THE SPORTS ACADEMY.**

Students will complete either:

- Certificate II in Sport & Recreation
- QCAA Sport & Recreation (Applied)

Each of the above programs are worth up to 4 QCE credits.

Regardless of the stream chosen by students, independent progress toward completion of the course is required. All three streams have students:

- Officiating games or school competitions
- Coaching beginner participants to develop fundamental skills
- Effective communication skills
- Providing quality service to participants

Students will remain engaged in their chosen sport two lessons per week and then engage in the theory content once per week.

The Certificate II S&R qualification is delivered in partnership with Binnacle Training and is VETiS-eligible, meaning students can use their VET in Schools funding to fund the entirety of the costs of this course. The course reflects the role of individuals who assist with the delivery of sport and recreation activities and who complete a range of customer contact duties. Students participate in the delivery of a range of sport and recreation activities and programs within the school.

QCAA Sport & Recreation course includes no cost and topics studied include:

- Coaching & Officiating
- Optimising Performance
- Marketing in Sport & Recreation
- Athlete Development

DUPLICATION OF LEARNING

Students who elect to enrol in Sports Academy
AND
also choose Certificate III in Fitness as a separate subject are subject to Duplication of Learning.

This means that the maximum number of QCE credits that they are eligible for across the two subjects is 8 (which is what Fitness is worth on its own). This is due to cross-over of content. Students are still allowed to do this but they should consult Mr Martin or their Sports Academy teacher for more information.



ASSESSMENT

Certificate II Sport & Recreation

Online completion of theoretical competencies and practical completion of observable competencies.

QCAA Sport & Recreation (Applied)

- 4 x Projects. Each Project requires:
- 500 word Investigation and planning
 - 4 minute visual evidence
 - 500 word evaluation
- 2 x Performance assessments
- 4 minute visual evidence
 - 500 word evaluation

2026 FEES

Cert II S&R: \$395* (Binnacle fee)

QCAA S&R Fee: Nil.

* This fee is VETiS-funding eligible in 2026.



**Binnacle
Training**
SINCE 2008

Certificate III Fitness

v o c a t i o n a l e d u c a t i o n

ABOUT CERT III FITNESS

For our Fitness course, we have partnered with Binnacle Training for 15 years to deliver a **dual certificate of Certificate II Sport and Recreation (SIS20122) as well as a Certificate III in Fitness (SIS30321).**

Binnacle Training are leaders in VET in schools, enabling teachers with quality programs and support; equipping students with skills to navigate a successful future.

Students facilitate programs within the school community including:

- Community fitness programs
- Strength and conditioning for athletes and teams
- 1-on-1 and group fitness sessions with male adults, female adults and older adult clients.

FAST FACTS

- ✓ QCE Credits: Up to 8
- ✓ Course work consists of online work toward theoretical competencies, as well as practical training toward demonstration of competencies.
- ✓ Although this subject can contribute to an ATAR but doesn't scale well, so if a high ATAR is a priority, this subject may not be for you.
- ✓ Assessment is ongoing and students have multiple opportunities to demonstrate their competency



This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

Students gain the entry-level skills required of a Fitness Professional (Group Exercise Instructor or Gym Fitness Instructor).

STUDENT QUOTE

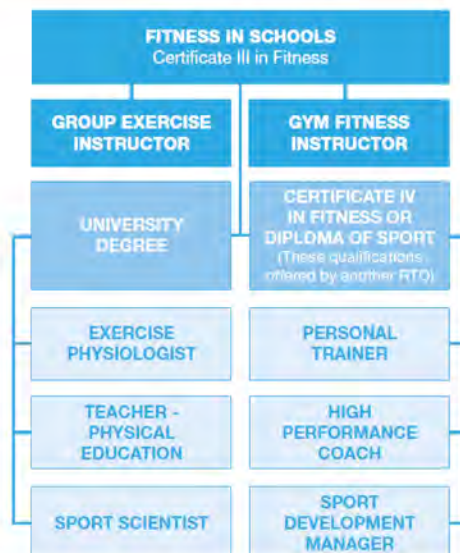
"I GET TO WORK OUT, GET FIT AND GET A QUALIFICATION TO WORK IN A GYM. IT'S AWESOME."

DELIVERING TRAINING

This course requires both competence and competence and includes client screening and health assessment; planning and delivering 1-1 and group fitness programs; exercise science and nutrition; anatomy and physiology; community coaching; first aid.

Any student willing to work independently online toward competencies as well as those who are also ready and willing to try hard, train hard and be confident in training others.

CAREER PATHWAYS



2026 FEES

\$395* (Binnacle Cert II S&R fee)
+\$100 (Binnacle Cert III Fitness Upgrade fee)
+ \$75 (First Aid course fee)

Total = \$570

* This fee is VETiS-funding eligible in 2026.