



## Bachelor of Physical and Outdoor Education

This exciting 4-year degree program at the Bendigo campus combines units in Outdoor Education and Physical Education. It provides the perfect mix of studies for those interested in:

- Teaching in secondary schools
- Physical activity, sport and wellness
- Adventure and outdoor pursuits
- An academic degree with a strong community and conservation philosophy
- Developing knowledge and teaching of motor performance
- Understanding and building a relationship with nature
- Contributing to human and environmental wellbeing.

The course consists of 32 units. These units are categorised as Teaching Studies, Curriculum Studies, Discipline Studies and Electives. Practicum and Field Experience units provide essential school-based and practical experiences that contextualise the theoretical components of the course. All students, by the end of the course, must have demonstrated the ability or the potential to meet the professional expectations of a beginning teacher.

Within outdoor education, an emphasis is placed on environmental knowledge and gaining practical outdoor leadership and teaching experience.

The course includes core fieldwork units in:

- Bushwalking
- Navigation
- Paddling and naturalist studies

As well as elective options in:

- Cross country skiing
- Rock climbing

In the physical education units, students will gain practical skills in the range of activities that underpin secondary school physical education, including:

- Aquatics
- Fitness and games
- Gymnastics and dance
- Athletics and ball handling

The theory aspects of the program include teaching studies, curriculum studies and discipline studies in physical education, outdoor education and general education.

In Physical Education the discipline studies involve:

- Anatomy, exercise physiology, biomechanics, skill acquisition, health and nutrition;

Outdoor Education discipline studies are:

- Personal development, sustainability education, environmental ethics and history, outdoor safety management, outdoor activity knowledge and ecological literacy.

### Entry Requirements

Applicants should satisfy normal University entry requirements: completion of VCE or mature age (NONYR12) entry. Students will need a study score of 25 or higher in Units 3 and 4 of English (any). Students will also be required to have gained a study score of 25 or higher in one of Physical Education, Health and Human Development or Outdoor Environmental Studies at VCE units 3 and 4 level. Units 1 and 2: two units of general mathematics or mathematical methods (either).

### Special Requirements

All applicants accepted into this course are required to complete a 'Working With Children Check' form prior to commencing the course. The form is available from



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Australia Post offices. Students must provide a certified copy of their valid Working With Children card prior to undertaking teaching placements.

### Professional Accreditation

The course entitles graduates to apply for registration, with the Victorian Institute of Teaching, as specialist teachers of year 7 to 12 in Outdoor Education/ Recreation, Outdoor Environmental Studies and Physical Education. Graduates are eligible for employment in government, Catholic and independent schools in Victoria, other Australian states and some overseas countries.

### Career Prospects

In addition to a career in secondary school teaching, graduates find employment in the outdoor education field and recreation industry throughout Australia, such as: school based programs,

specialist outdoor or environmental education centres, outdoor education and recreation businesses, as freelance outdoor instructors and in recreation and youth agencies.

### Course Structure

The course is a four-year full-time program consisting of 480 credit points of study. Classes are typically run from Monday to Wednesday leaving the latter part of the week for practical work. Field trips vary in length from 1 to 6 days duration.

### How to Apply

**Australian and New Zealand students:**  
Apply through VTAC.

Details on line at [www.vtac.edu.au](http://www.vtac.edu.au) or phone 1300 364 133.

Applications open at the end of July.

### International students:

Those who have studied Year 12 in Australia should apply through VTAC. Other International students should contact the La Trobe University International Programs Office: Telephone: (+61 3) 9479 1199 Email: [international@latrobe.edu.au](mailto:international@latrobe.edu.au) or visit the website: [www.latrobe.edu.au/international](http://www.latrobe.edu.au/international) for information about how to apply to study at La Trobe University.

The International Programs Office's website also contains important information on studying in Australia including visa and government requirements, facilities and resources, campus lifestyle, accommodation, living costs, and support services.

### Further Information

#### Local students:

Centre for Excellence in Outdoor and Environmental Education  
La Trobe University  
Bendigo campus  
PO Box 199, Bendigo, Vic 3552  
Ph: (03) 5444 7285  
Fax: (03) 5444 7848  
Email: [outdoor.bendigo@latrobe.edu.au](mailto:outdoor.bendigo@latrobe.edu.au)  
Web: [www.latrobe.edu.au/oent](http://www.latrobe.edu.au/oent)

#### International students:

International Programs Office  
Ph: (+61 3) 9627 4805 or 1800 619 768 (free call within Australia)  
Fax: (+61 3) 9479 3660  
Email: [international@latrobe.edu.au](mailto:international@latrobe.edu.au)  
Web: [www.latrobe.edu.au/international](http://www.latrobe.edu.au/international)

	Semester 1	Semester 2
<b>Year 1</b>	Skill Learning Sport and Recreation A Outdoor Living & Travel Skills Reading Australian Landscapes	Naturalist Studies Worldviews and the Environment Human Body Systems Sport and Recreation B
<b>Year 2</b>	Bush Environments Outdoor Leadership A Social Psychology of Sport Movement Perspectives	Sport and Skill Analysis Outdoor Leadership B Environments – Elective 1* Exercise and Performance
<b>Year 3</b>	Education and the Outdoors Learning and Communication Technologies Inclusive Sport Education Teaching in Environments elective#	Field Experience E Public Health Nutrition Active Lifestyles Indigenous Studies
<b>Year 4</b>	Teaching Practice and Skills Outdoor Education Method The Context of Learning Physical Education Method	Teaching Practice and Models Outdoor Education Method Issues in Secondary Education Physical Education Method

#### Electives

\* Environment electives are selected from: Local Environs Study, Winter Alpine Environments, River Environments or Rock Environments.

# Teaching environments electives are selected from: Teaching in Winter Alpine Environments, Teaching in River Environments, Teaching in Rock Environments, or Teaching in Bush Environments.