

**NEW!**

# Peak Performance

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Jo McLean  
Karen Ingram

for  
NSW STAGE 6  
PDHPE

This comprehensive two-book series is designed for the recently revised Stage 6 PDHPE syllabus, to be implemented in 2009 and 2010.

It addresses the syllabus by focus question, dot and dash point, providing students with a systematic and thorough coverage of the two courses.

## Features

- the most up-to-date information and data necessary to support the study of this popular course
- HSC-style questioning throughout
- a useful review section after each chapter
- a DVD containing the text in PDF format packaged with the book.

## New! Dynamic DVD

The DVD packaged with the book provides:

- an interactive e-text (in PDF format) that can be customised by teachers or students
- video clips showing movement applications.

## Peak Performance 1

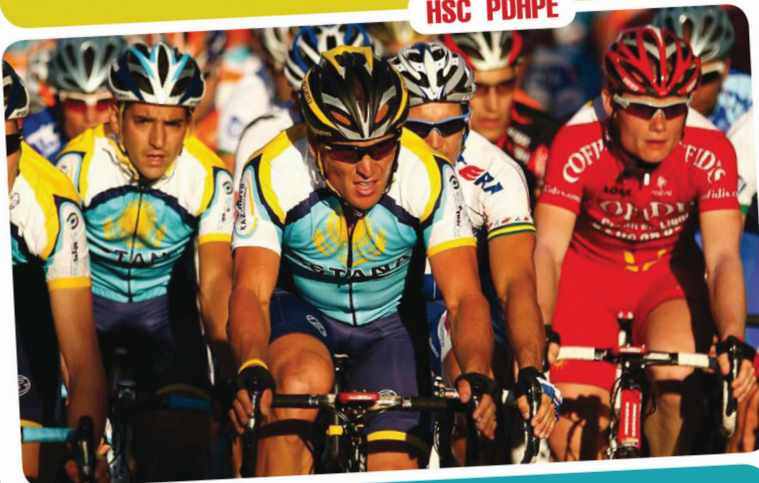
Preliminary PDHPE



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## Peak Performance 2

HSC PDHPE



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## Peak Performance 1 Preliminary PDHPE

1. What does health mean to individuals?
2. What influences the health of individuals?
3. What strategies help to promote the health of individuals?
4. How do the musculoskeletal and cardiorespiratory systems of the body influence and respond to movement?
5. What is the relationship between physical fitness, training and movement efficiency?
6. How do biomechanical principles influence movement?
7. First Aid
8. Composition and performance
9. Fitness choices
10. Outdoor recreation

## Peak Performance 2 HSC PDHPE

### HSC Core 1 Health priorities in Australia

1. Identifying priority issues for Australia's health
2. Priority issues for Australia's health
3. The role of health care in achieving better health
4. Addressing Australia's health priorities

### HSC Core 2 Factors affecting performance

5. Training and performance
6. Psychology and performance
7. Nutrition, recovery strategies and performance
8. Skill acquisition and performance

### HSC Options

9. The health of young people
10. Sport and physical activity in Australian society
11. Sports medicine
12. Improving performance
13. Equity and health

## Price list/Order form

Inspect	Order qty	Title	ISBN	Price (inc. GST)	Available
		Peak Performance 1: Preliminary PDHPE + CD	978 14202 2881 6	\$64.99 approx.	December 2009
		Peak Performance 2: HSC PDHPE + CD	978 14202 2882 3	\$66.99 approx.	October 2009

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