

SKYE HILLER

EXERCISE SCIENCE/TEACHING

EDITH COWAN UNIVERSITY

Senior School Subjects

- Year 11 – English, Mathematical Methods, Physical Education, Psychology, Accounting, Religion and Society Units 3 + 4 Early Advancement.
- Year 12 – English, Further Mathematics, Physical Education, Psychology, Accounting

Why did you choose these subjects? My motives for choosing these subjects were my interests. I loved all things sports and really enjoyed mathematics. I wanted to be either an accountant or teacher in Year 10 when I was selecting my subjects and ended up continuing them through to Year 12. I chose Psychology because I really enjoyed the introduction unit in Year 10 and found it really interesting. It was similar to Physical Education for me in the way both subjects were really interesting and I could relate the content to my own experiences.

What resources did you use to choose subjects? I used the Subject Selection Handbook, the College Career Adviser, teachers, Learning Mentor and older students to help decide which subjects I wanted to do. I checked different university courses to see what the prerequisites were and made sure I was doing them to have a good chance of receiving a university offer.

What was your course like? I started at Victoria University in Footscray studying a Bachelor of Sport Management/Accounting. I chose this course as it combined both my passions into one, and I knew I could do a further 12-18 month course to be qualified as a teacher. I only lasted 12 months in this course as I found it very easy and boring. I spoke to Uni staff and the Catholic College Career Advisor, and my best option was to transfer into a Physical Education teaching course.

I found a course I liked the look of in Perth and applied for it. I was offered a position and transferred the units I completed at Victoria University. I received credits for all but one unit and progressed straight into second year of the Bachelor of Exercise and Sport Science at Edith Cowan University (ECU).

On completion of this course, I was offered a position at La Trobe University Wodonga to study the Master of Teaching (P-12). This 18-month course would qualify me to teach VCE Physical Education and Health, and as a generalist primary school teacher. I was fortunate enough to gain employment after the first 12 months, so I decided to take an early-exit which gave me a Graduate Diploma of Teaching (P-12).

What did you enjoy about your course? The best part about the Exercise and Sport Science course was the amount of hands-on experience. Every week I was participating in some sort of lab experiment, or doing different fitness tests and measures. Each semester we focused on a sport or 2 sports, which were all teaching based units. In those units I learnt how to write lesson plans, and plan consecutive lessons. There were heaps of volunteering opportunities to gain experience outside of university, often with professional sporting teams. I was fortunate enough to be involved with the Western Australia Football League State Teams fitness testing.

How did the subjects at school prepared you for your course?

The biggest challenge for me was the first physiology unit. Not having done Biology or any science in Year 11 and 12 I struggled to get into the groove with all the terminology. I devoted extra study to ensure I was all over it and throughout the course I completed two 3rd Year Physiology units - Exercise Physiology was my favourite.

Mathematics, Psychology, English and Physical Education all helped prepare me for Uni. I'm not a natural at writing essays and lab reports, but without doing English in Year 11 and 12 there is no way I could of passed my Undergraduate degree and the Masters coursework.

Mathematics and Psychology helped prepare me for the theory side of the course. Without that background knowledge I would have had to do a lot of extra study on the brain to understand the Motor Control units.

What are you doing in your graduate position? Right now, I'm a Graduate Teacher. I teach Year 3/4 in a rural school. I have my own class of 22 students and am responsible for planning and implementing lessons, teaching students according to the curriculum and all the extra little things teachers are required to do; organise excursions, sport days, school camp, duties, and meetings.

What do you enjoy about your job? I love my job. I love working with children and seeing their growth. Being able to cater for the diverse range of abilities in the classroom is a great challenge but also very rewarding.

Course information: Bachelor of Exercise Science, Edith Cowan University, <http://bit.ly/29FulQd>