

# VCE HHD, PE & Outdoor & ES Teacher Resources 2025

## Details and Order Form



**NEW TEACH YOURSELF VIDEO SERIES (TYS-VS) -**  
*School license expires end of study design for each subject!*

**NEW STUDY DESIGN FOR 2025!**  
• **Physical Education**  
• **Health and Human Development**

**NEW MATERIAL PRODUCED EVERY YEAR!**  
**KTT, TETs & Trial Exam Papers!**

**Your comprehensive guide to quality VCE Health & Human Development, Physical Education and Outdoor & Environmental Studies resources, including:**

- **Trial examination papers for Units 1 to 4**
- **Targeted Evaluation Tasks (TETs) for SACs for Units 1 to 4**
- **Key Topic Tests (KTT) for Units 1 to 4**
- **Teach Yourself Series (TYS) for Topics in Units 1 to 4**
- **Teach Yourself Video Series (TYS-VS) for Topics in Units 1 to 4**
- **Exclusively produced for schools, for VCE Health & Human Development, Physical Education and Outdoor & Environmental Studies**
- **Earlier release dates than any other provider**
- **Multi-format Access on CD Rom, Email or Hard copy**
- **Copyright Free for the purchasing school:** No copyright charges for content used solely by teachers and students at the purchasing school.
- **Expertly Prepared Resources:** All TSSM resources are prepared by senior VCE teachers, assessors, state reviewers and published VCE authors. They are then proof read by a second group of experts for quality control.

### **Teach Yourself Series (TYS) & NEW Teach Yourself Video Series (TYS-VS) for Topics in Units 1 to 4:**

Each subject contains several key topics that are crucial for exam success in VCE Units 1 to 4. The TYS presents theory, questions and solutions in a stand alone booklet on each Topic, ideal for self-paced learning.

The **NEW TYS-VS** is a 30 to 90 minute video tutorial, thoroughly teaching, reviewing and explaining each topic offered in the TYS. The TYS and TYS-VS are powerful study, revision and consolidation tools that improve the students' understanding of each concept resulting in improved grades.

- **Addresses the VCAA's Curriculum Criteria**
- **Early Release Dates** – February 6, 2025.
- **Comprehensive Solutions** – detailed solutions or response guides.
- **Current Study Design** – the TYS and TYS-VS are periodically released when the study design for a subject changes, ensuring that all changes are reflected.
- **One School License per Subject** – The TYS-VS is offered on a license basis to the purchasing school, expiring at the end of the current study design for each subject. Only one license is needed per subject per school for all students attending the school and for the entire length of the study design!

**Order today! TYS and TYS-VS available from February 6, 2025.**

### **Key Topic Tests (KTT) Units 1 to 4:**

Each KTT is a 45 minute diagnosis of a Key Topic area of each Unit, to monitor the progress of the student's understanding of each Topic within each Unit of study, available for Units 1 to 4.

The KTT are a powerful tool for teachers to monitor the progress of their students, progressively throughout the year, topic by topic.

- **Addresses the VCAA's Curriculum Criteria**
- **Early Release Dates** – TSSM's KTT are released February 6, 2025 for Units 1 and 3 KTT and May 29, 2025 for Units 2 and 4 KTT.
- **Comprehensive Marking Guides** – including fully worked solutions.
- **New Material Every Year** – we produce a new set of KTT for each unit of each subject annually ensuring that all study design changes are reflected. This also ensures that teachers have access to a library of new resources that grows every year.

**Units 1 and 3 KTT available from February 6, 2025. Units 2 and 4 KTT available from May 29, 2025.**

### **Targeted Evaluation Tasks (TETs) Units 1 to 4 for School-assessed Coursework:**

- **Address VCAA's School – assessed Coursework Requirements**
- **Early Release Dates** – TSSM's TETs are released earlier than any other educational provider. Release dates: February 6, 2025 for Units 1 and 3 TETs and May 29, 2025 for Units 2 and 4 TETs.
- **Comprehensive Marking Guides** – including fully worked solutions or response guides.
- **New Material Every Year** – we produce a new set of TETs for each unit of each subject annually ensuring that all study design changes are reflected. This also ensures that teachers have access to a library of new resources that grows every year.

**Order today! Units 1 and 3 TETs available from February 6, 2025. Units 2 and 4 TETs available from May 29, 2025.**

### **Trial Exam Papers Units 1 to 4:**

- **Unit 3 Trial Exam papers** are available for; Health & Human Development, Physical Education and Outdoor & Environmental Studies.
- **Address VCAA's Examination Assessment Criteria**
- **Early Release Dates** – TSSM's Trial Exam papers are released earlier than other Victorian trial exam papers. All Units 1 to 4 Trial Exam papers are released on April 22, 2025.
- **Comprehensive Marking Guides** – including fully worked solutions to all questions, including multiple choice questions.
- **New Material Every Year** – we produce a new set of Trial Exam papers for each unit of each subject annually ensuring that all study design changes are reflected. This also ensures that teachers have access to a library of new resources that grows every year.
- **Upload Trial Exam Papers** – Schools are welcome to upload TSSM's Trial Exam papers onto the school's intranet.

**Order today! Units 1 to 4 Trial Exam papers are available from April 22, 2025.**

# HHD, PE and Outdoor & Environmental Studies Order Form 2025

Further information on all TSSM VCE Teacher Resources is available at [www.tssm.com.au](http://www.tssm.com.au), including specific titles of Targeted Evaluation Tasks (TETs) for School-assessed Coursework and the Key Topic Tests (KTT).

TSSM also offers a 2025 Unit 3 Trial Exam Paper for Health & Human Development, Physical Education and Outdoor & Environmental Studies (90 minutes each), giving teachers an opportunity to evaluate their students' progress after the completion of the Unit 3 content.

VCE HEALTH & HUMAN DEVELOPMENT RESOURCES - NEW STUDY DESIGN FOR 2025!	PRODUCT CODE	QTY	RRP (\$)	TOTAL (\$)
Unit 1 - Health & Human Development - Trial Examination 1	STE/UIHHD1		80.00	
Unit 1 - Health & Human Development TETs for SACs (6 SACs)	TET/UIHHD		130.00	
Unit 1 - Health & Human Development - Key Topic Tests (6 Tests)	KTT/UIHHD		130.00	
Unit 2 - Health & Human Development - Trial Examination 2	STE/U2HHD2		80.00	
Unit 2 - Health & Human Development TETs for SACs (6 SACs)	TET/U2HHD		130.00	
Unit 2 - Health & Human Development - Key Topic Tests (6 Tests)	KTT/U2HHD		130.00	
Unit 3 - Health & Human Development - Trial Examination	STE/U3HHD		95.00	
Unit 3 - Health & Human Development TETs for SACs (6 SACs)	TET/U3HHD		130.00	
Unit 3 - Health & Human Development - Key Topic Tests (9 Tests)	KTT/U3HHD		165.00	
Unit 4 - Health & Human Development TETs for SACs (6 SACs)	TET/U4HHD		130.00	
Unit 4 - Health & Human Development - Key Topic Tests (7 Tests)	KTT/U4HHD		140.00	
Units 3 & 4 - Health & Human Development - Trial Examination	STE/U34HHD		100.00	
<b>NEW EXAM PACKAGE</b> - Units 3 & 4 - Health & Human Development - Trial Exams (TSSM's 2009-2024 Trial Exam Papers have been updated for the new study design - package includes 15 trial exam papers)	STE/U34HHD0924		595.00	

NEW TYS Topic Titles for Health & Human Development - NEW STUDY DESIGN FOR 2025!	PRODUCT CODE	QTY	RRP (\$)	TOTAL (\$)
Topic 1 - Health and Wellbeing (Units 1 & 3)	TYS/HHD1		10.95	
Topic 2 - Health Status Indicators (Units 1 & 3)	TYS/HHD2		10.95	
Topic 3 - Youth Health and Wellbeing (Unit 1)	TYS/HHD3		10.95	
Topic 4 - Major nutrients important for health outcomes (Unit 1)	TYS/HHD4		10.95	
Topic 5 - Food Selection Models (Unit 1)	TYS/HHD5		10.95	
Topic 6 - Nutrition information and methods (Unit 1)	TYS/HHD6		10.95	
Topic 7 - Developmental transitions from youth to adulthood (Unit 2)	TYS/HHD7		10.95	
Topic 8 - Prenatal Development (Unit 2)	TYS/HHD8		10.95	
Topic 9 - Health care in Australia (Unit 2)	TYS/HHD9		10.95	
Topic 10 - Factors influencing health outcomes within population groups (Unit 2)	TYS/HHD10		10.95	
Topic 11 - Key contributors to Australia's health status (Unit 2)	TYS/HHD11		10.95	
Topic 12 - Improvement in Australia's health status (Unit 3)	TYS/HHD12		10.95	
Topic 13 - Australia's health system (Unit 3)	TYS/HHD13		10.95	
Topic 14 - Initiatives to promote healthy eating in Australia (Unit 3)	TYS/HHD14		10.95	
Topic 15 - Human Development (Unit 4)	TYS/HHD15		10.95	
Topic 16 - Classification of countries (Unit 4)	TYS/HHD16		10.95	
Topic 17 - Sustainable Development Goals (Unit 4)	TYS/HHD17		10.95	
Topic 18 - The World Health Organisation (Unit 4)	TYS/HHD18		10.95	
Topic 19 - Australia's aid program (Unit 4)	TYS/HHD19		10.95	
<b>Special Offers for TYS-VS &amp; TYS:</b> Order all Health & Human Development Topics 1 to 19	TYS/HHDALL		175.00	

VCE PHYSICAL EDUCATION RESOURCES - NEW STUDY DESIGN FOR 2025!	PRODUCT CODE	QTY	RRP (\$)	TOTAL (\$)
Unit 1 - Physical Education - Trial Examination 1	STE/UIPE1		80.00	
Unit 1 - Physical Education TETs for SACs (6 SACs)	TET/UIPE		130.00	
Unit 1 - Physical Education - Key Topic Tests (4 Tests)	KTT/UIPE		95.00	
Unit 2 - Physical Education - Trial Examination 2	STE/U2PE2		80.00	
Unit 2 - Physical Education TETs for SACs (6 SACs)	TET/U2PE		130.00	
Unit 2 - Physical Education - Key Topic Tests (4 Tests)	KTT/U2PE		95.00	
Unit 3 - Physical Education - Trial Examination	STE/U3PE		95.00	
Unit 3 - Physical Education TETs for SACs (4 SACs)	TET/U3PE		95.00	
Unit 3 - Physical Education - Key Topic Tests (7 Tests)	KTT/U3PE		140.00	
Unit 4 - Physical Education TETs for SACs (5 SACs)	TET/U4PE		115.00	
Unit 4 - Physical Education - Key Topic Tests (4 Tests)	KTT/U4PE		95.00	
Units 3 & 4 - Physical Education - Trial Examination	STE/U34PE		100.00	
<b>NEW EXAM PACKAGE</b> - Units 3 & 4 - Physical Education - Trial Exams (TSSM's 2011-2024 Trial Exam Papers have been updated for the new study design - package includes 14 trial exam papers)	STE/U34PE1124		565.00	

NEW TYS Topic Titles for Physical Education - NEW STUDY DESIGN FOR 2025!	PRODUCT CODE	QTY	RRP (\$)	TOTAL (\$)
Topic 1 - The Human Body in Motion: The Musculoskeletal System (Structure and Function) (Unit 1)	TYS/PE1		10.95	
Topic 2 - The Human Body in Motion: The Musculoskeletal System (Injury, Illness and Performance Enhancement) (Unit 1)	TYS/PE2		10.95	
Topic 3 - The Human Body in Motion: The Cardiorespiratory System (Structure and Function) (Unit 1)	TYS/PE3		10.95	
Topic 4 - The Human Body in Motion: The Cardiorespiratory System (Performance Enhancement) (Unit 1)	TYS/PE4		10.95	
Topic 5 - Physical Activity, Sport, Exercise and Society (Unit 2)	TYS/PE5		10.95	
Topic 6 - Contemporary Issues associated with Physical Activity and Sport (Unit 2)	TYS/PE6		10.95	
Topic 7 - Movement Skills: Skill Classification (Unit 3)	TYS/PE7		10.95	
Topic 8 - Movement Skills: Stages of Learning (Unit 3)	TYS/PE8		10.95	
Topic 9 - Movement Skills: Direct and Constraints-Based Coaching (Unit 3)	TYS/PE9		10.95	
Topic 10 - Movement Skills: Practice Strategies and Feedback (Unit 3)	TYS/PE10		10.95	
Topic 11 - Movement Skills: Sociocultural Factors (Unit 3)	TYS/PE11		10.95	
Topic 12 - Movement Skills: Psychological Strategies (Unit 3)	TYS/PE12		10.95	
Topic 13 - Movement Skills: Biomechanical Principles (Unit 3)	TYS/PE13		10.95	
Topic 14 - Energy for Physical Activity: Fuels (Unit 3)	TYS/PE14		10.95	
Topic 15 - Energy for Physical Activity: Characteristics of the Three Energy Systems (Unit 3)	TYS/PE15		10.95	
Topic 16 - Energy for Physical Activity: Interplay of the Three Energy System (Unit 3)	TYS/PE16		10.95	
Topic 17 - Energy for Physical Activity: Oxygen Uptake (Unit 3)	TYS/PE17		10.95	
Topic 18 - Energy for Physical Activity: Acute Physiological Responses (Unit 3)	TYS/PE18		10.95	
Topic 19 - Energy for Physical Activity: Fatigue and Recovery (Unit 3)	TYS/PE19		10.95	
Topic 20 - Training Programs: Components of Fitness (Unit 4)	TYS/PE20		10.95	
Topic 21 - Training Programs: Activity Analysis (Unit 4)	TYS/PE21		10.95	
Topic 22 - Training Programs: Assessment of Fitness (Unit 4)	TYS/PE22		10.95	
Topic 23 - Improving Fitness: Training Program Principles (Unit 4)	TYS/PE23		10.95	
Topic 24 - Improving Fitness: Training Program Methods (Unit 4)	TYS/PE24		10.95	
Topic 25 - Improving Fitness: Developing and Monitoring Training Sessions (Unit 4)	TYS/PE25		10.95	
Topic 26 - Improving Fitness: Chronic Adaptations (Unit 4)	TYS/PE26		10.95	
<b>Special Offers for TYS-VS &amp; TYS:</b> Order all Physical Education Topics 1 to 26	TYS/PEALL		225.00	

VCE OUTDOOR & ENVIRONMENTAL STUDIES RESOURCES - ALL UNITS 1 TO 4 RESOURCES WRITTEN NEW EVERY YEAR!	PRODUCT CODE	QTY	RRP (\$)	TOTAL (\$)
Unit 1 - Outdoor & Environmental Studies - Trial Exam 1	STE/UIOES1		80.00	
Unit 1 - Outdoor & Environmental Studies TETs for SACs (7 SACs)	TET/UIOES		140.00	
Unit 1 - Outdoor & Environmental Studies - Key Topic Tests (6 Tests)	KTT/UIOES		130.00	
Unit 2 - Outdoor & Environmental Studies - Trial Exam 2	STE/UIOES2		80.00	
Unit 2 - Outdoor & Environmental Studies TETs for SACs (7 SACs)	TET/UIOES		140.00	
Unit 2 - Outdoor & Environmental Studies - Key Topic Tests (6 Tests)	KTT/UIOES		130.00	
Unit 3 - Outdoor & Environmental Studies - Trial Exam	STE/UIOES3		95.00	
Unit 3 - Outdoor & Environmental Studies TETs for SACs (6 SACs)	TET/UIOES		130.00	
Unit 3 - Outdoor & Environmental Studies - Key Topic Tests (6 Tests)	KTT/UIOES		130.00	
Unit 4 - Outdoor & Environmental Studies TETs for SACs (7 SACs)	TET/UIOES		140.00	
Unit 4 - Outdoor & Environmental Studies - Key Topic Tests (5 Tests)	KTT/UIOES		115.00	
Units 3 & 4 - Outdoor & Environmental Studies - Trial Exam	STE/UI34OES		100.00	

EXAMS PACKAGE - Units 3 & 4 - Outdoor & Environmental Studies - Trial Exams (TSSM's 2009-2023 Trial Exam Papers have been updated for the new study design - package includes 15 trial exam papers)	PRODUCT CODE	QTY	RRP (\$)	TOTAL (\$)
Topic 1 - Ways of Knowing, Understanding and Experiencing Outdoor Environments (Unit 1)	TYS-VS/OES1		54.95	10.95
Topic 2 - Biomes, Motivations and Responses to Outdoor Environments (Unit 1)	TYS-VS/OES2		54.95	10.95
Topic 3 - Depictions, Access, Technologies and Risk in Outdoor Environments (Unit 1)	TYS-VS/OES3		54.95	10.95
Topic 4 - Safe, Sustainable and Independent Participation in Outdoor Environments (Units 1 & 2)	TYS-VS/OES4		54.95	10.95
Topic 5 - Understanding Outdoor Environments (Unit 2)	TYS-VS/OES5		54.95	10.95
Topic 6 - Impacts on Outdoor Environments (Unit 2)	TYS-VS/OES6		54.95	10.95
Topic 7 - Changing Human Relationships with Outdoor Environments (Unit 3)	TYS-VS/OES7		54.95	10.95
Topic 8 - Relationships with Australian Environments in the Past Decade (Unit 3)	TYS-VS/OES8		54.95	10.95
Topic 9 - Environmental Issues and Social Debate about Outdoor Environments (Unit 3)	TYS-VS/OES9		54.95	10.95
Topic 10 - The Pillars and Critiques of Sustainability (Unit 4)	TYS-VS/OES10		54.95	10.95
Topic 11 - Characteristics to Assess the Health of Outdoor Environments (Unit 4)	TYS-VS/OES11		54.95	10.95
Topic 12 - Threats to and the Importance of Healthy Outdoor Environments (Unit 4)	TYS-VS/OES12		54.95	10.95
Topic 13 - Practices and Strategies for Sustaining Outdoor Environments (Unit 4)	TYS-VS/OES13		54.95	10.95
Topic 14 - Investigating Outdoor Environments (Unit 4)	TYS-VS/OES14		54.95	10.95
<b>Special Offers for TYS-VS &amp; TYS:</b> Order all Outdoor & Environmental Studies Topics 1 to 14	TYS-VS/OESALL		699.00	140.00

<b>ORDER TOTALS (PLEASE COMPLETE)</b>	<b>POSTAGE &amp; HANDLING</b>	<b>GRAND TOTAL \$</b>
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## Further Information

Further details on Trial Exam papers, TETs for SACs, KTT, TYS and TYS-VS are available at [www.tssm.com.au](http://www.tssm.com.au) or by calling 1300 134 518. Samples of our resources may be obtained by calling 1300 134 518.

## Investment Options (invoices will be issued to the school)

TSSM accepts payment via Cheque / Money Order, EFT and Credit Card. EFT details will be provided on School Invoices. Credit Cards can be processed online, or by telephone.

**Did you know that TSSM produces New Material Every Year?!**  
 We produce a new set of Trial Exam Papers, TETs for SACs and Key Topic Tests for each unit of each subject annually ensuring that all study design changes are reflected.

Orders	Conditions of Ordering
<p><b>Online:</b> <a href="http://www.tssm.com.au">www.tssm.com.au</a></p> <p><b>Email:</b> <a href="mailto:info@tssm.com.au">info@tssm.com.au</a></p> <p><b>Phone:</b> 1300 134 518</p> <p><b>Postal:</b> TSSM Level 14, 474 Flinders Street Melbourne VIC 3000</p> <p><b>Want to order TSSM's previous years' resources? Call 1300 134 518 to order today!</b></p>	<p>Refunds are not available for any resources being purchased/ordered. Cancellations are not available for any resources being purchased/ordered. Alterations are not available for any purchases/orders made. It is the school's responsibility to ensure that double orders have not been made. Any double orders will be processed and delivered if received. Refunds or exchanges are not available for any of these resources. Invoices to the ordering school will be issued once the resources are published and delivered to the school. TSSM thoroughly checks the accuracy and relevance of all our VCE resources, however prior to assessing students, it is the individual school's responsibility to ensure that these are an appropriate form of assessment. The TYS-VS is offered on a license basis to the purchasing school, expiring at the end of the current study design for each subject. This means that access to the TYS-VS beyond the current study design will require another purchase of the resource. All prices quoted on this brochure are GST inclusive.</p> <p><b>Never used our resources before? Contact us today for free resource samples!</b></p> <p>© TSSM 2024. ABN: 54099422670. ACN: 099422670.</p>

**Did you know that TSSM offers a Professional Exam Marking Service?**  
 Interested in TSSM's Professional Exam Marking Service? Then email us on [info@tssm.com.au](mailto:info@tssm.com.au) with what you require and when it is required to be completed by and we will provide you with a quote within 24 hours!

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Helping VCE students be the best they can be.



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A: Level 14, 474 Flinders Street Melbourne Victoria 3000 T: 1300 134 518 E: [info@tssm.com.au](mailto:info@tssm.com.au) W: [tssm.com.au](http://tssm.com.au)