



VCE PE STUDENT EXAM REVISION

Presenter Profile: Dr. Melissa Arkinstall is a sports scientist and the Director of Exercise Research Australia (ERA). The ERA sports science team services a wide range of sports including: Victorian and Australian Cricket, AFL, V8 Supercars, Rowing Australia and Racing Victoria Ltd. Melissa is also a key author in the forthcoming VCE PE text book published by Macmillan Education Australia. Her expertise includes energy systems, LIP, oxygen deficit and EPOC as well as mechanisms of fatigue and recovery.

Revision Topics: Energy systems, oxygen deficit, uptake & EPOC, fatigue mechanisms, fitness testing & training

Duration: Total Time 2.5 hours

Cost per Student: \$35.00 (incl. GST)

Booking Details Please complete the form below and return to ERA via post, fax, or email.

Name:

School:

Mobile:

Email:

Emergency Contact:

Contact No.:

Payment Details Payable to Exercise Research Australia via cheque / money order / direct debit.

Direct Debit
A/C Name: Exercise Research Australia
BSB: 083 004
A/C No.: 555 530 128

Exercise Research Australia Pty Ltd
P.O. Box 212
Fairfield, VIC 3078
A.B.N. 65 104 158 303
F (03) 9480 1855
E education@exerciseresearch.com.au

Important: Please include the student name on all payments transferred.

Session Preference Complete the form by ticking the box(s) of your choice below.

ERA VCE PE EXAM REVISION		
<input type="checkbox"/> Frankston High School - Frankston	Monday 6 th September, 2010	4:00 pm – 6:30 pm
<input type="checkbox"/> Xavier College - Kew	Tuesday 7 th September, 2010	4:30 pm – 7:00 pm
<input type="checkbox"/> St Columba's College - Essendon	Thursday 9 th September, 2010	4:15 pm – 6:45 pm
<input type="checkbox"/> Sacred Heart College - Geelong	Wednesday 15 th September, 2010	4:00 pm – 6:30 pm
<input type="checkbox"/> Caulfield Grammar School - Caulfield	Thursday 16 th September, 2010	4:15 pm – 6:45 pm
<input type="checkbox"/> ERA - Thornbury	Sunday 19 th September, 2010	10:00 am – 12:30 pm
<input type="checkbox"/> MacKillop College - Werribee	Thursday 7 th October, 2010	4:15 pm – 6:45 pm

For further information please visit www.exerciseresearch.com.au or call (03) 9480 1800

Office Use: Confirmation Sent: Y

Invoice No.:

Date:

Staff ID: