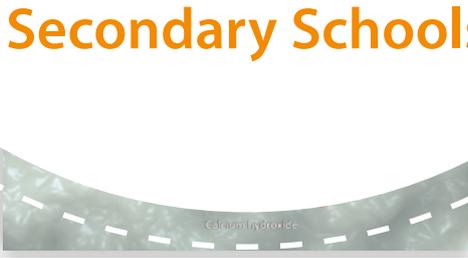


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Monthly Curriculum Library Update for Secondary Schools



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Catalogue Key

- min** Duration in minutes
- AR** Additional Resources:
Student activities and
support notes to assist
teachers



History

Stills from our new series



Civilisations and Ideas

This series provides an overview of the important features of key historical periods—from ancient through to modern times—to help learners understand broad patterns of historical change.

Democratic Revolutions and Revelations

Social unrest under Europe's feudal system found its voice during the Enlightenment, when philosophers promoted egalitarian and democratic ideals. These ideas became the flame that lit the fuse of revolution. This programme outlines the key causes and events of the American and French Revolutions, as well as subsequent struggles for equal rights for colonised nations, indigenous peoples and women.

Mid Secondary

Additional Resources

- Comprehension Questions
- The Continental Congresses
- Breaking News: The French Revolution
- You Say You Want a Revolution
- Suggested Responses
- Transcript



2016 | 13 min | CC | AR

Expansion in the Modern World

Across the world, social, economic and industrial advances during the period between 1750 and 1918 triggered mass movements of people across numerous continents. Some went by choice, many more were forced. Beginning with the impact of the Agricultural and Industrial Revolutions on population growth and colonial expansion, this programme explores the nature, extent and experiences of immigrants and settlers, convicts and slaves.

Mid Secondary

Additional Resources

- Comprehension Questions
- Analysing the First Fleet
- The Great Famine: Cause and Effect
- Where Did the Slaves Go?
- Suggested Responses
- Transcript

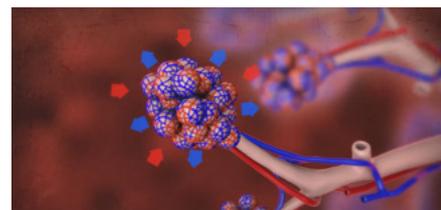


2016 | 16 min | CC | AR



Physical Education

Stills from our new series



Chronic Adaptations to Exercise

As a novice athlete prepares for her first marathon with her coach and a trained endurance runner, this series explores the chronic adaptations to exercise made by the body's respiratory, cardiovascular and muscular systems.

Chronic Cardiovascular Exercise

Regular training causes chronic adaptations in the body's systems. In this programme, our presenter who is preparing for her first marathon, her coach and a trained endurance runner, examine decreased resting heart rate, increased stroke volume and cardiac output, and increased arteriovenous oxygen difference. Three different types of aerobic training are also briefly discussed – continuous, Fartlek and interval training.

Snr Secondary

Additional Resources

- Comprehension Questions
- One Machine — Four Training Programs
- Stories from the Heart



2016 | 10 min | CC | AR

- Suggested Responses
- Transcript

Chronic Muscular Adaptations

A number of chronic adaptations to exercise occur in the muscular system. Both aerobic and anaerobic exercises bring about improved performance over time. As the programme's presenter trains for a marathon with her coach, we examine muscular adaptations to exercise types, including hypertrophy of muscle fibres, improved neuromuscular functioning, increased size and number of mitochondria and increased lactate inflection point.

Snr Secondary

Additional Resources

- Comprehension Questions
- A Twitchy Training Program
- Muscles - What Nerves!



2016 | 11 min | CC | AR

- Suggested Responses
- Transcript

Chronic Respiratory Adaptations

The respiratory system makes a number of chronic adaptations to regular training. As the programme's presenter prepares for a marathon with her coach, and a trained endurance athlete, we examine a number of those chronic adaptations, including increased tidal volume, changes in respiration rate, increased lung ventilation, VO₂max and lactate inflection point.

Snr Secondary

Additional Resources

- Comprehension Questions
- And Now for Something Breathtaking
- Maxing Out the VO₂



2016 | 10 min | CC | AR

- Suggested Responses
- Transcript



VET - Architecture and Building

Stills from our new series



The Construction Industry Toolkit

Every construction worker needs more in their toolkit besides hammers, screwdrivers and saws. The Construction Industry Toolkit gives learners the tools they need to succeed in the industry, teaching them about the industry and WHS, and the core skills that the construction industry requires.

Episode 1: Identifying Pathways and Working Effectively

This video provides an overview of the three main areas of construction: domestic, commercial and civic; the role of different levels of government; and the industry's contribution to the Australian economy. It also examines a range of pathways into the industry and the importance of identifying personal learning needs and undertaking further training for career advancement.

Snr Secondary - Adult

Additional Resources

- Audio Transcript
- Teacher Notes
- Suggested Responses



2016 | 16 min | CC | AR

Episode 2: Workplace Health and Safety

Construction sites are potentially highly dangerous working environments. All workers must have a sound understanding of the importance of workplace health and safety in every aspect of what they do.

This video examines the importance of workplace health and safety in construction, identifying and assessing risk and various ways hazards are controlled.

Snr Secondary - Adult

Additional Resources

- Teacher Notes
- Suggested Responses
- Transcript



2016 | 16 min | CC | AR

Episode 3: Communication

Poor communication can have disastrous consequences, including endangering the safety of workers and hindering productivity and efficiency, which costs money.

This video looks at the key aspects of effective communication in construction, including how to ensure verbal, written and visual communication is effective, receiving communication as it is intended, including active listening and protocols for signage and visual communication in the workplace.

Snr Secondary - Adult

Additional Resources

- Teacher Notes
- Suggested Responses
- Transcript



2016 | 17 min | CC | AR

Episode 4: Planning and Organising Work

One of the skills that employers in the construction industry value in their employees is the ability to plan and organise.

This video examines why planning and organisation is critical to working in the construction industry, profiles three people enjoying successful careers in different roles within the industry, and looks at the consequences of inaccuracy.

Snr Secondary - Adult

Additional Resources

- Teacher Notes
- Suggested Responses
- Transcript



2016 | 17 min | CC | AR

Episode 5: Reading and Interpreting Plans and Documents

Any construction project has a multitude of plans and documents associated with it and it is critical that any construction worker is able to accurately read and interpret those that are relevant to their roles onsite.

This video looks at the range of various plans and documents that are used in construction and why they are so vital to all workers on any construction project.

Snr Secondary - Adult

Additional Resources

- Teacher Notes
- Suggested Responses
- Transcript



2016 | 20 min | CC | AR

Episode 6: Measurements and Calculations

This video starts with an overview of the types of measurements and calculations typically used in construction, then covers a range of practical examples involving length, area and volume. It concludes by looking at the consequences of inaccuracy and ways to ensure that measurements and calculations are performed right every time.

Snr Secondary - Adult

Additional Resources

- Teacher Notes
- Suggested Responses
- Transcript



2016 | 20 min | CC | AR