



Resources

Relevant organisations

Sportsworks

The-Cancer Council of Victoria

1 Rathdowne Street,
Carlton, Vic 3053

Tel: (03) 9279 1111
www.cancervic.org.au

Child Accident Prevention Foundation

10th Floor, 123 Queen Street,
Melbourne, Vic 3000

Tel: (03) 9670 1319
www.kidsafevic.com.au

Heart Foundation

411 King Street,
West Melbourne, Vic 3003

Tel: (03) 9329 8511
www.heartfoundation.com.au

Life Be In It International Pty Ltd

Level 20/ 114 William
Sth Melbourne 3000

Phone (03) 9696 9595
Fax (03) 9696 9191
Email info@lifebeinit.org
www.lifebeinit.org

National Sports Information Centre

PO Box 176
Belconnen ACT

Tel: (02) 6252 1111
www.ausport.gov.au/nsic/

Project Adventure Australia

332 Banyule Road,
View Bank, Vic 3084

Tel: (03) 9457 6494
Fax: (03) 9457 5438
www.paa.org.au

Quit Victorian Smoking and Health Program

25 Rathdowne Street,
Carlton South, Vic 3053

Tel: (03) 9663 7777
www.quit.org.au

Victorian Gymnastics Association

Ground Floor/120 Jolimont Road
Jolimont 3002

Tel: (03) 9650 3877
Fax: (03) 9650 5157
www.gymnasticsvictoria.org.au

Victorian Institute of Sport

Olympic Park
Swan Street
Sth Melbourne 3000

Phone (03) 9425 0000
Fax (03) 9425 0100
www.vis.org.au

Other Resources



Victorian Primary & Secondary Schools Sports Associations

Level 2
7 Bowen Crescent
Melbourne, Vic 3004

Tel: (03) 9935 3220

www.vsssa.org.au

Wheelchair Sports Victoria

9 Sandilands Street
Sth Melbourne 3205

Tel: (03) 9246 9333

Fax: (03) 9246 9334

www.wsv.org.au

Women And Sport Unit

Australian Sports Commission

PO Box 176
Belconnen ACT

Tel: (02) 6214 1111

Fax: (02) 6251 2680

www.ausport.gov.au/women/index.asp

Sportsworks

Other Resources



Physics terms and concepts

Concept	Definitions
Distance	A measure of how far an object travels. It is measured in metres (m).
Displacement	A measure of an object's change in position in a particular direction. It is measured in metres (m) and must include the direction of the displacement eg 2m upwards, 5.3m NorthWest.
Average speed	A measure of the average distance travelled by an object in a given time. Average speed = distance travelled / time taken. Average speed is measured in m/s or ms^{-1}
Average velocity	A measure of the average change in position of an object moving in a particular direction in a given time. Average velocity = displacement / time taken Average velocity is measured in m/s or ms^{-1} . The direction of the velocity must be included with its magnitude.
Acceleration	Acceleration = change in velocity / time taken for change Acceleration is measured in m/s^2 or ms^{-2} . The direction of the acceleration must be included with its magnitude. Acceleration due to the force gravity: At the surface of the Earth an object will fall with a constant acceleration of 9.8 ms^{-2} in a vacuum or if air resistance can be ignored. Air resistance cannot be ignored on some falling objects such as a feather or a sheet of paper. The approximation used for the acceleration due to gravity is 10ms^{-2} .
Average acceleration	A measure of how quickly the velocity of an object changes. The change can be an increase or a decrease. A negative acceleration usually indicates deceleration.
Mass	A measure of the quantity of matter in a body. Mass is measured in kilograms (kg).
Weight	Weight is the force of gravity that acts on an object. On the Earth it is equal to the mass (in kilograms) of the object multiplied by 10. It is measured in newtons. For example, a child whose mass is 30 kilograms has a weight of 300 newtons.



Concept	Definitions
Friction	The force that resists the motion of an object across another surface. It is dependant on the relative motion of the two surfaces, the force keeping the two surfaces together and the nature of the surfaces.
Centre of gravity	A point where the mass of an object (or objects) seems to be concentrated or the entire weight of the body is considered to be acting
Balance	An object will balance if its centre of gravity is above its base of support. The lower the centre of mass, the more stable the object.
Pressure	A measure of the perpendicular force acting on unit of area. It is measured in pascals (Pa).
Elasticity	The ability of a material to return to its original shape.
Energy	Energy is the ability of something to do work. Energy cannot be created nor destroyed, but it can be transformed from one form to another. There are many forms of energy including kinetic or movement energy, gravitational potential energy, elastic potential energy, sound, heat, light, electrical and chemical energy.
Work	Work is done when energy is transformed from one form to another, or when a force moves something through a distance.
Inertia	Inertia is the measure of an object's resistance to a change of velocity.
Momentum	How much momentum a moving object has depends on its mass and velocity. It is measured in kgms^{-1} .
Force	Force is a push, a pull or a twist. Forces can alter the motion or shape of an object. Force is measured in newtons (N). Friction is the force that resists the motion of one surface across another surface.