



SPORT & RECREATION

Applied Senior Subject

Sport and recreation activities are a part of the fabric of Australian life and are an intrinsic part of Australian culture. These activities can encompass social and competitive sport, aquatic and community recreation, fitness and outdoor recreation. For many people, sport and recreation activities form a substantial component of their leisure time. Participation in sport and recreation can make positive contributions to a person's wellbeing.

Sport and recreation activities also represent growth industries in Australia, providing many employment opportunities, many of which will be directly or indirectly associated with hosting Commonwealth, Olympic and Paralympic Games. The skills developed in Sport & Recreation may be oriented toward work, personal fitness or general health and wellbeing. Students will be involved in learning experiences that allow them to develop their interpersonal abilities and encourage them to appreciate and value active involvement in sport and recreational activities, contributing to ongoing personal and community development throughout their lives.

Sport is defined as activities requiring physical exertion, personal challenge and skills as the primary focus, along with elements of competition. Within these activities, rules and patterns of behaviour governing the activity exist formally through organisations. Recreation activities are defined as active pastimes engaged in for the purpose of relaxation, health and wellbeing and/or enjoyment and are recognised as having socially worthwhile qualities. Active recreation requires physical exertion and human activity. Physical activities that meet these classifications can include active play and minor games, challenge and adventure activities, games and sports, lifelong physical activities, and rhythmic and expressive movement activities.

Active participation in sport and recreation activities is central to the learning in Sport & Recreation. Sport & Recreation enables students to engage in sport and recreation activities to experience and learn about the role of sport and recreation in their lives, the lives of others and the community.

Engagement in these activities provides a unique and powerful opportunity for students to experience the challenge and fun of physical activity while developing vocational, life and physical skills.

Each unit requires that students engage in sport and/or recreation activities. They investigate, plan, perform and evaluate procedures and strategies and communicate appropriately to particular audiences for particular purposes.

Pathways

A course of study in Sport & Recreation can establish a basis for further education and employment in the fields of fitness, outdoor recreation and education, sports administration, community health and recreation and sport performance.

Objectives

By the conclusion of the course of study, students should:

- Investigate activities and strategies to enhance outcomes
- plan activities and strategies to enhance outcomes
- perform activities and strategies to enhance outcomes
- evaluate activities and strategies to enhance outcomes.

Structure

Course Overview Structure

Sport and Recreation is designed around four units of work.(*proposed at this stage subject to approval)

Year 11				Year 12			
Unit Option F Emerging trends in sport, fitness and recreation		Unit Option G Event Management		Unit Option D Coaching and officiating		Unit Option H Fitness for Sport and Recreation	
Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4
<ul style="list-style-type: none"> – trends in Fitness – emergence of e-sports – rise of urban sports 	<ul style="list-style-type: none"> – strategies / changes to traditional sports 	<ul style="list-style-type: none"> – introduction to types of sports tournaments – participation in sports tournaments 	<ul style="list-style-type: none"> – strategies to create, advertise and run a sports tournament 	<ul style="list-style-type: none"> – types of coaches – philosophy of coaching – introductory coaching course – coaching a team 	<ul style="list-style-type: none"> – strategies / changes to personal coaching / officiating – referees course 	<ul style="list-style-type: none"> – components of fitness – fitness testing – developing a personalised fitness program 	<ul style="list-style-type: none"> – strategies / changes to fitness training

Assessment

For Sport & Recreation, assessment from Units 1 and 2 are used to determine the student's interim Year 11 result, and consists of four instruments

- two projects
- two performances

Unit Option F Emerging trends in sport, fitness and recreation		Unit Option G Event Management	
Assessment		Assessment	
F1 Performance -students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance Response requirements Performance : Performance: up to 4 minutes Investigation, plan and evaluation : Written: up to 500 words	F2 Project -students investigate, plan, implement and evaluate a strategy to achieve an identified outcome in a traditional sport Response requirements Investigation and session plan • Written: up to 500 words Performance Performance: up to 4 minutes Evaluation • Written: up to 500 words	G1 Performance -students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance Response requirements Performance : Performance: up to 4 minutes Investigation, plan and evaluation : Written: up to 500 words	G2 Project -students investigate, plan, implement and evaluate a strategy to create and run a sports tournament Response requirements Investigation and session plan • Written: up to 500 words Performance Performance: up to 4 minutes Evaluation • Written: up to 500 words

In Units 3 and 4 students complete four summative assessments to determine the students exit result

- two projects

Two performances

Unit Option D Coaching and officiating		Unit Option H Fitness for Sport and Recreation	
Assessment		Assessment	
<p>D1</p> <p>Project</p> <p>-students investigate, plan, implement and evaluate a strategy to achieve an identified outcome in coaching / officiating</p> <p>Response requirements</p> <p>Investigation and session plan</p> <ul style="list-style-type: none"> • Written: up to 500 words <p>Performance</p> <p>Performance: up to 4 minutes</p> <p>Evaluation</p> <ul style="list-style-type: none"> • Written: up to 500 words 	<p>D2</p> <p>Performance</p> <p>-students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance</p> <p>Response requirements</p> <p>Performance : Performance: up to 4 minutes</p> <p>Investigation, plan and evaluation : Written: up to 500 words</p>	<p>H1</p> <p>Project</p> <p>-students investigate, plan, implement and evaluate a strategy to achieve an identified outcome fitness for sport</p> <p>Response requirements</p> <p>Investigation and session plan</p> <ul style="list-style-type: none"> • Written: up to 500 words <p>Performance</p> <p>Performance: up to 4 minutes</p> <p>Evaluation</p> <ul style="list-style-type: none"> • Written: up to 500 words 	<p>H2</p> <p>Performance</p> <p>-students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance</p> <p>Response requirements</p> <p>Performance : Performance: up to 4 minutes</p> <p>Investigation, plan and evaluation : Written: up to 500 words</p>

* Please note the written requirement for every assessment in the new course