

COURSE

PHYSICAL ACTIVITY AND SPORT STUDIES

COURSE DESCRIPTION



PASS aims to enhance students' capacity to participate effectively in physical activity and sport; and develop the knowledge and skills to help pursue careers in sport and related health fields including: Physiotherapy, Sports Medicine, Fitness Instruction, Coaching and PDHPE Teaching. Students also acquire the knowledge necessary to create improved quality of life for themselves and others and reduce the likelihood of obesity, non-insulin dependent diabetes, coronary heart disease, hypertension and cancers.

It incorporates a wide range of lifelong physical activities, including: competitive and non-competitive games and sports; recreational, leisure and adventure pursuits; individual and group physical fitness activities and learning about first aid and sports injuries.

This course also promotes learning about sport and movement and provides students with opportunities to develop their sport skills, analyse movement performance and assist the performance of others. It also introduces students to valuable and marketable skills in organisation, enterprise, leadership and communication.

ASSESSMENT

This course comprises of 50% theory and 50% practical work. Students will be assessed in both areas.

COST

The cost of the course is \$25 per year.

