

UNITS OF STUDY**1 Unit****YEARS OF STUDY**Year 11 – Preliminary Course
Year 12 – HSC Course**What will I do in this subject?**

The Sport, Lifestyle and Recreation Course includes various components relating to students developing an active and health promoting lifestyle. Depending on which components studied, students may be involved in a wide variety of physical and health activities including aquatics; fitness training; outdoor recreation; athletics; individual games and sports; team games and sports; resistance training; sports administration; health studies; and coaching.

This course places an emphasis on the development of practical skills, so students will be involved in activities that improve sporting ability, improve healthy lifestyles and enjoy various recreational and leisure pastimes. Students may be afforded the opportunity to gain certificates in Senior Resuscitation, First Aid, Coaching Certificates and Referees accreditations. The development and evaluation of their own personal fitness will be assessed in various programs.

What skills will I gain from this subject?

- The ability to create training programs
- The development of movement skill and personal fitness
- Competence in a wide variety of sport and recreation contexts
- Self-esteem and general well-being
- The ability to make informed health decisions at a community and personal level

How much practical/theory work is in this subject?

There is an emphasis on the development of practical skills but students must also develop the knowledge and understanding to improve these skills and promote a healthy lifestyle. The course involves 50% practical work and 50% theory work.

What background and skills are recommended for this subject?

This course is aimed at students who are enthusiastic about sport and recreational activities. They should be prepared to participate in demanding but enjoyable practical classes that will help develop their skills and fitness.

Are there additional requirements for this subject?

PE uniform must be brought to all practical lessons.

Are there any exclusions for this subject?

Nil

How will this course help me in the future?

Not only will you develop skills required to adapt an active and health-promoting lifestyle, students can gain accreditations that will help them in a variety of careers including health sciences, the sport industry, coaching, personal training, PD/H/PE teaching or any occupation with a physical component.

