

# PHYSICAL ACTIVITY AND SPORT STUDIES

Physical Activity and Sport Studies may be studied as a 100-hour course (Year 9 or Year 10) or as a 200-hour (Years 9 and 10) course in Stage 5.

## Course Description

The aim of Physical Activity and Sports Studies is to enhance students' capacity to participate effectively in physical activity and sport, leading to improved quality of life for themselves and others. It is an extension of the Years 7 to 10 PD/H/PE syllabus and as such provides them with different physical activity and sports options which they do not experience in the PD/H/PE syllabus. The course encourages students to develop knowledge, skills, understanding, values and attitudes of the role of physical activity and sport in everyday life.

### Area of Study 1 – Foundations of Physical Activity

- Body systems and energy for physical activity
- Physical activity for health
- Physical fitness
- Fundamentals of movement skill development
- Nutrition and physical activity
- Participating with safety

### Area of Study 2 - Physical Activity and Sport in Society

- Australia's sporting identity
- Lifestyle, leisure and recreation
- Physical activity and sport for specific groups
- Opportunities and pathways in physical activity and sport
- Issues in physical activity and sport

### Area of Study 3 - Enhancing Participation and Performance

- Promoting active lifestyles
- Coaching
- Enhancing performance – strategies and techniques
- Technology, participation and performance
- Event management

**For the 100-hour course at least one of these modules must be studied for a minimum of 15 hours.**

**For the 200-hour course at least one of these modules must be studied for a minimum of 20 hours.**

### Record of School Achievement (RoSA)

Satisfactory completion of 100 or 200 hours of study in Physical Activity and Sports Studies during Stage 5 (Years 9 and/or 10) will be recorded with a grade on the student's RoSA.