

## Complimentary & future Learning Pathways

Sport & Recreation is a subject that every student can benefit from. Due to the deep learning within this subject it can lead to jobs after school such as:

- Fitness
- Outdoor recreation
- Education
- Sports administration
- Community health recreation
- Sport performance

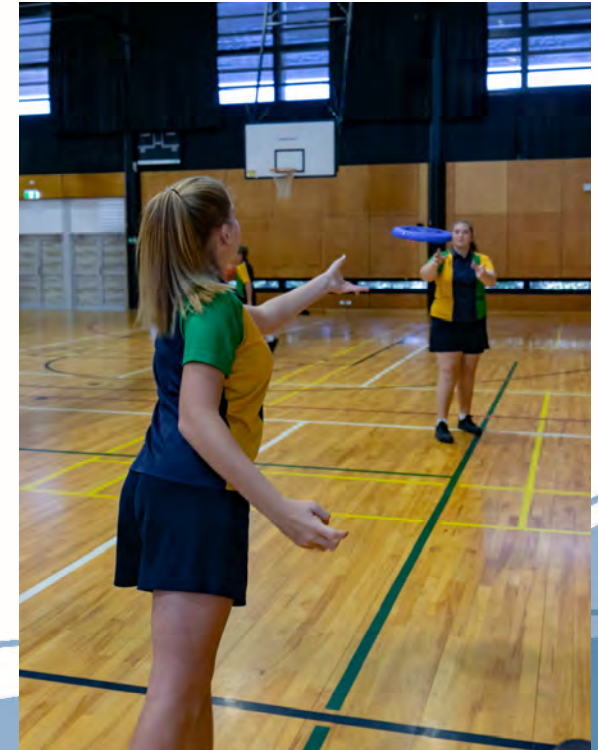


## Our Mission

To develop inspired, innovative and resilient learners prepared to challenge the future.

# Sport & Recreation

Applied 11-12 Subject



# Sport & Recreation

This exciting subject is offered to Year 11 students and runs through to year 12 with students studying a range of different topics over the two (2) year course.

In studying Sport & Recreation, students will learn about:

- Sport and recreation in the community
- Sport, recreation and healthy living
- Health and safety in sport and recreation activities
- Personal and interpersonal skills in sport and recreation activities.

The course consists of three lessons per week and includes integrated theory and practical elements. Student are required to engage in ALL elements of the course.



# Theory

Throughout Year 11 & 12, students will learn, through and about sport and active recreation is chosen by the school.

## Sport-related topics

- Tournament organisation
- Sports Nutrition
- Sports Medicine and First Aid
- Coaching
- Sports Officiating
- Sports Marketing
- Careers in Sport
- Sports Journalism

## Recreation-related topics

- Community Recreation
- Recreation and Fitness Industry
- Careers in Recreation
- Training in Fitness
- Expedition planning
- Health & Safety
- Lifesaving and Water Safety
- First Aid for Outdoor Education

# Practical



Throughout Year 11 & 12, students will experience a range of different practical activities such as:

- Basketball
- Fitness
- Netball
- Court Hockey
- Oz Tag
- Table tennis
- Ultimate disc
- International games