

Recommendation

It is recommended that students undertaking this course have an interest in being physically active.

Rationale

Sport and recreation activities are a part of the fabric of Australian life and represent growth industries in Australian society. Sport and recreation activities can encompass aspects such as social and competitive sport, fitness programs and outdoor pursuits. These activities are an intrinsic part of Australian culture and for many people, form a substantial component of their leisure time. Participation in sport and recreation can also provide employment opportunities and make positive contributions to a person's total wellbeing.

The subject of Sport and Recreation focuses on the role of sport and recreation in the lives of individuals and communities. It is a subject that provides students with opportunities to learn in, through and about sport and active recreation activities.

Pathways

A course of study in Sport and 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 will:

- demonstrate physical responses and interpersonal strategies in individual and group situations in sport and recreation activities
- describe concepts and ideas about sport and recreation using terminology and examples
- explain procedures and strategies in, about and through sport and recreation activities for individuals and communities
- apply concepts and adapt procedures, strategies and physical responses in individual and group sport and recreation activities
- manage individual and group sport and recreation activities
- apply strategies in sport and recreation activities to enhance health, wellbeing and participation for individuals and communities
- use language conventions and textual features to achieve particular purposes
- evaluate individual and group physical responses and interpersonal strategies to improve outcomes in sport and recreation activities
- evaluate the effects of sport and recreation on individuals and communities
- evaluate strategies that seek to enhance health, wellbeing, and participation in sport and recreation activities and provide recommendations
- create communications that convey meaning for particular audiences and purposes.

Delivery (mode, time requirements, lessons)

Students are expected to undertake independent study to complete tasks and assessment in accordance with the Work Rate Calendar. Students also have access to a one-hour scheduled lesson and a one-hour tutorial each week. Lessons are delivered via Blackboard Collaborate and teleconferencing.

Student requirements

In order to fulfil the requirements of the course, students will need to demonstrate and film physical performances either on their own or with others (for example, their family and friends). Further, at times students will be required to access community sport and recreation facilities such as lawn bowls clubs, parks, and where possible gyms.

Structure

Unit 1	Unit 2	Unit 3	Unit 4
<p>Module 1: Community Recreation</p> <p>This module develops students' understanding of sport and recreation, and the difference between the two, as well as the importance of recreation in supporting individual and community health. They will identify the benefits of sport and recreation, and how it could be improved in their local community. Students will demonstrate physical performance in a lawn bowl context, or another sport that meets course requirements (to be negotiated with the teacher).</p>	<p>Module 3: Sport medicine and first aid</p> <p>This module develops students' understanding of first aid principles and injury prevention strategies for sports, with a particular focus on strength and conditioning, and resistance training. Students will demonstrate physical performance in a range of fitness contexts.</p>	<p>Module 5: Sports journalism</p> <p>This module develops students' understanding of the role media agencies play in the representation and marketing of sports, in particular the emergence of eSports. Students will demonstrate physical performance in eSports contexts.</p>	<p>Module 7: Training for fitness – strength and conditioning</p> <p>This module develops students' understanding of strength and conditioning fitness requirements and how they can enhance physical performance in particular when participating in CrossFit events. Students will plan and demonstrate physical performance in a variety of fitness contexts.</p>
<p>Module 2: Event Management – Tournament Organisation</p> <p>This module develops students' understanding of policies and procedures involved in event management and tournament organisation. Students will apply this knowledge to organise and conduct a lawn bowls tournament, or another sport that meets course requirements (the same sport as module 1/to be negotiated with teacher).</p>	<p>Module 4: Sport nutrition</p> <p>This module develops students' understanding of nutrition and nutritional requirements for performance in sport, particularly multisport contexts such as biathlon and triathlon. Students will demonstrate physical performance in a variety of fitness contexts.</p>	<p>Module 6: Sport, recreation and fitness industry</p> <p>This module develops students' understanding of the resources and agencies available for sport, recreation and fitness within the community, as well as identifying the available vocational and employment pathways. This module will have particular emphasis on pathways and agencies in eSports. Students will demonstrate physical performance in eSports contexts.</p>	<p>Module 8: Sports marketing</p> <p>This module develops students' understanding of the resources and agencies available for sport, recreation and fitness within the community, and the role marketing plays in promoting participation in communities. Students will demonstrate physical performance in a variety of fitness contexts.</p>
<p>Practical: Lawn bowls or other</p>	<p>Practical: Resistance training, strength and conditioning</p>	<p>Practical: eSports</p>	<p>Practical: CrossFit</p>

Assessment

For Sport and Recreation, assessment from Units 3 and 4 is used to determine the student's exit result, and consists of four instruments, including:

- two performances, an investigation and a project

Unit 1	Unit 2	Unit 3	Unit 4
Module 1: Community Recreation Performance	Module 3: Sport medicine and first aid Investigation	Module 5: Sports journalism Investigation	Module 7: Training for fitness – strength and conditioning Performance
Module 2: Event Management – Tournament Organisation Project	Module 4: Sport nutrition Performance	Module 6: Sport, recreation and fitness industry Performance	Module 8: Sports marketing Project

Disclaimer All of the above information is accurate at the time of development.