

# *Sports Studies T*

## **Rationale**

This course reflects the multidimensional nature of Physical Education in the context of a diverse and changing society. Students are engaged in developing active, balanced and healthy lifestyles using a comprehensive body of specific knowledge, principles and concepts. Participation in a range of activities provides opportunities to develop, practise and apply appropriate skills and knowledge in varied and challenging environments.

## **Through this course students learn to:**

- Understand the various factors that influence participation in physical, recreational or sporting activities
- Demonstrate an enthusiasm for lifetime active involvement in sport and/or recreational activities
- Demonstrate an awareness of health issues
- Appreciate and take action to achieve a healthy lifestyle
- Demonstrate social, personal and communication skills through their participation in and/or study of physical, recreational and sporting activities
- Experience the enjoyment, challenge, self-expression and social interaction that is possible through engagement in physical, recreational or sporting activities
- Understand concepts, theories and terminology related to physical, recreational or sporting activities
- Interpret, analyse and critically evaluate information with reference to physical, recreational or sporting activities

## **Curriculum**

The curriculum enables students to develop personal, interpersonal and physical skills, whilst promoting the whole person through intellectual, social, emotional and physical activities.

The four units covered over the two years are:

### **1. Sports Coaching.**

During the course of this unit students will participate in National Sport Federation Level O or 1 Coaching workshops and coach certification courses as they come available. They are also attached to either a school team as an assistant coach or work in the community alongside an established coach.

## **2. Issues in Sport and Skill Acquisition**

Students should take an interest in the wider world of sport and the social issues that arise. A research presentation on an issue of choice is a major assessment. Students also undertake peer skill teaching for the practical component of skill acquisition.

## **3. Sport, Recreation and Health in Australia.**

Looking at sports recreation and the health issues such as NCDs is a major component in this unit.

## **4. Sports Administration and Marketing.**

During the course of this unit students will also complete workshops set up by National Sport Federations on refereeing, umpiring or officiating in a variety of sports. They are also expected to work as officials in nationally organised sporting events and to organise and run a number of major school sporting events. Sports marketing is a very interesting topic and students will look at key marketing packages both locally and Internationally.

As is the nature of Sport some of the practical sessions will need to be done after school hours and outside of the school environment when case subjects are available.

### **Where does this lead to?**

All discipline areas will expose students to knowledge and skills, which will assist them in gaining access to vocational pathways and further study in the areas of sport, outdoor recreation, leisure, sport science or health.

The course is aimed at students who are interested in careers in the fitness industry, sports coaching, sports administration, sports media, sports business, sports marketing, community sport and recreation leadership. It will also provide a course appropriate for students enrolled in talented sports development programs. Students in such programs will gain considerable knowledge and skills, which will help to maintain their involvement in their sport.