

Over view

Sport and recreation activities are a part of the fabric of Australian life and are an intrinsic part of Australian culture. These activities can encompass social and competitive sport, aquatic and community recreation, fitness and outdoor recreation. For many people, sport and recreation activities form a substantial component of their leisure time. Participation in sport and recreation can make positive contributions to a person's wellbeing.

Sport and recreation activities also represent growth industries in Australia, providing many employment opportunities, many of which will be directly or indirectly associated with hosting Commonwealth, Olympic and Paralympic Games. The skills developed in Sport & Recreation may be oriented toward work, personal fitness or general health and wellbeing.

Students will be involved in learning experiences that allow them to develop their interpersonal abilities and encourage them to appreciate and value active involvement in sport and recreational activities, contributing to ongoing personal and community development throughout their lives. Sport is defined as activities requiring physical exertion, personal challenge and skills as the primary focus, along with elements of competition. Within these activities, rules and patterns of behaviour governing the activity exist formally through organisations. Recreation activities are defined as active pastimes engaged in for the purpose of relaxation, health and wellbeing and/or enjoyment and are recognised as having socially worthwhile qualities.

Active recreation requires physical exertion and human activity. Physical activities that meet these classifications can include active play and minor games, challenge and adventure activities, games and sports, lifelong physical activities, and rhythmic and expressive movement activities. Active participation in sport and recreation activities is central to the learning in Sport & Recreation. Sport & Recreation enables students to engage in sport

and recreation activities to experience and learn about the role of sport and recreation in their lives, the lives of others and the community.

Engagement in these activities provides a unique and powerful opportunity for students to experience the challenge and fun of physical activity while developing vocational, life and physical skills.

Each unit requires that students engage in sport and/or recreation activities. They investigate, plan, perform and evaluate procedures and strategies and communicate appropriately to particular audiences for particular purposes

Pathways

A course of study in Sport & 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

Students will:

- Investigate activities and strategies to enhance outcomes.
- Plan activities and strategies to enhance outcomes.
- Perform activities and strategies to enhance outcomes.
- Evaluate activities and strategies to enhance outcomes.

Duplication of Learning

This Applied subject duplicates learning in **SIS20115 Certificate II in Sport and Recreation**.

Students who enrol in both courses will only accrue QCE credit for one subject ie a maximum of 4 QCE credits.

Enrolment in both courses will not be supported by the school.

Structure

Sport and Recreation is a four-unit course of study.

	Unit title	Assessment Topics	Excursions
Unit 1	<u>Emerging Trends in Sport, Fitness and Recreation</u> Emerging trends in sport – pickleball, whiffleball, AFL 9s, Rugby 7s, Futsal, Fast 5 Netball, Beach Volleyball, 3v3 Basketball, t20 cricket	Project: Emerging Trends	- Indoor courts – indoor cricket/ netball - Beach Volleyball
Unit 2	<u>Coaching and Officiating</u> - Coaching - Officiating	Project: Coaching (Junior BSHS classes) Performance: Officiating	
Unit 3	<u>Fitness in Sports and Recreation</u> - Group and individual fitness training - Principles of training and program design - Popular group fitness trends – Cross Fit and F45	Project: Individual training Performance: Group fitness	- F45 - Cross Fit - City Fit
Unit 4	<u>Community Recreation</u> - Community aquatic recreation – water polo, swimming, underwater hockey - Community recreation activities – lawn bowls, golf, Bocce, Ten Pin etc	Project: Community Recreation Performance: Selected community recreation	- Lawn Bowls - Golf - Pool

Assessment

Students complete two assessment tasks for each unit. The techniques used in Sport and Recreation are:

Technique	Description	Response requirements
Performance	Students investigate, plan, perform and evaluate activities and strategies to enhance outcomes in the unit context.	Performance Performance: up to 4 minutes Investigation, plan and evaluation One of the following: - Multimodal (at least two modes delivered at the same time): up to 3 minutes, 6 A4 pages, or equivalent digital media - Spoken: up to 3 minutes, or signed equivalent - Written: up to 500 words
Project	Students investigate, plan, perform and evaluate activities and strategies to enhance outcomes in the unit context.	Investigation and session plan One of the following: - Multimodal (at least two modes delivered at the same time): up to 3 minutes, 6 A4 pages, or equivalent digital media - Spoken: up to 3 minutes, or signed equivalent - Written: up to 500 words Performance Performance: up to 4 minutes Evaluation One of the following: - Multimodal (at least two modes delivered at the same time): up to 3 minutes, 6 A4 pages, or equivalent digital media - Spoken: up to 3 minutes, or signed equivalent - Written: up to 500 words