

Subject name	Sport and Recreation
Subject code	TSR (VET subject)
Additional Subject fee	Nil
Prerequisites	A positive attitude towards physical exercise is essential. Students are required to participate to the best of their ability in all practical areas.

Course Overview

This subject leads to the following Year 11/12 subject selections: Certificate II Sport and Recreation (VET subject)

Students will develop the skills and knowledge to effectively provide support in sport and recreation programs. They will gain experience in providing first aid, assisting with activity sessions and working effectively in sport, fitness and recreation environments. They will reflect on the role of the individuals who assist with the delivery of sport and recreation activities and who complete a range of fundamental customer contact and maintenance duties.

They will also:

- Access, evaluate and synthesize information to take positive action to protect, enhance and advocate for their own and other's behalf, wellbeing, safety and physical activity participation across their lifespan
- Develop and use personal, behavioural, social and cognitive skills and strategies to promote a sense of personal identity and wellbeing and to build and manage respectful relationships
- Acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings
- Engage in and enjoy regular movement-based learning experiences and understand and appreciate their significance to personal, social, cultural, environmental and health practices and outcomes

Assessment

Term 3: *Instructing Recreation Activities (project folio)*

Students will work in pairs to plan and deliver a 30 minute practical session to their peers. They will complete risk assessments and session plans also.

Term 4: *Spirit of the disc (ongoing practical performance)*

Students will learn and work on leadership qualities and demonstrate these in a variety of roles in practical games.

Subject Requirements

Students are required to wear the complete sports uniform to practical lessons. Students will need to bring a hat and water bottle to every lesson. Sunscreen will be provided. A ring binder to store theory handouts is also required.

Career Opportunities: Nurse, sport and recreation leader, police, recreation industry, sports coach/trainer/administrator, sports journalist, teacher.