

**Subject name** Basketball Specialisation

**Subject code** BSP

**Additional subject cost** \$45 for training singlet

**Prerequisites** Nil

**Course Overview** By the end of Year 10, students:

- analyse contextual factors that influence decisions
- access, synthesise and apply health information from credible sources to propose and justify responses to health situations
- propose and evaluate interventions to improve fitness and physical activity levels
- demonstrate leadership, fair play and cooperation across a range of movement and health contexts
- apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing
- apply and transfer movement concepts and strategies to new and challenging movement situations
- apply criteria to make judgements about and refine their own and others' specialised movement skills and movement performances
- work collaboratively to design and apply solutions to movement challenges

Students participating in the Basketball Specialisation program will participate in a range of theoretical and practical units with a focus on principles of biomechanics, energy systems, nutrition and psychology related to basketball. Students will facilitate a gala day at the end of Term 4 to apply their learning and understanding about coaching and officiating. Students in this program may also participate in interschool-based competitions and gala days throughout the year.

### Course Outline

#### Year 9

Unit 1: Theory – Biomechanics of Shooting  
 Practical – Shooting & Dribbling Fundamentals  
 Unit 2: Theory – Energy Systems  
 Practical – Passing and Rebounding Fundamentals  
 Unit 3: Practical – Coaching and Officiating  
 Practical - Defensive Principles/Strategy  
 Unit 4: Theory – Sports Nutrition  
 Practical - Offensive Principles/Strategy

#### Year 10

Unit 1: Theory – Sports Psychology  
 Practical – Game Play and Modified Offensive Scenarios  
 Unit 2: Theory - First Aid  
 Practical: Game Play and Modified Defensive Scenarios

#### Assessment

Assessment techniques and formats include a combination of practical and theoretical. Students will complete folios, investigation inquiries, examinations, and practical responses.

#### Subject Requirements

**Hat and/or sunscreen are mandatory for outdoor activities.** Students are required to wear the sports uniform to practical lessons. A ring binder to store theory handouts is also required. Students are required to bring their **training singlets** to all practical lessons.

#### Career Opportunities

Athlete, sports coach/trainer/administrator, sports psychologist, referee, teacher, sports nutritionist