



Southern Cross Catholic College

Subject Selection Evening

Sport and Recreation



The dimensions for a course of study in this subject are:

Dimension 1: Acquiring

Dimension 2: Applying

Dimension 3: Evaluating

The Sport and Recreation course is designed around four core topics and two or more electives, integrated into modules of work.

Core topics	Electives
<p>The four core topics are:</p> <ul style="list-style-type: none"> • Sport and recreation in the community • Sport, recreation and healthy living • Health and safety in sport and recreation activities • Personal and interpersonal skills in sport and recreational activities Software 	<p>Two or more electives from the five physical activity categories, with a minimum of one elective from Games and sport and one elective from the Challenge and Adventure or Lifelong physical activity categories.</p> <p>The five categories are:</p> <ul style="list-style-type: none"> • Active play and minor games • Challenge and adventure activities • Games and sport • Lifelong physical activities • Rhythmic and expressive movement activities

Potential Career Avenues

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
- recreation and sport performance

Course Structure

Modules

Units 1 and 2: two to four modules

Units 3 and 4: two to four modules

Modules address specific sport-related and recreation-related focuses

Sport-related focuses	Recreation-related focuses
<ul style="list-style-type: none">• Tournament organisation• Sport nutrition• Sport medicine and first aid• Coaching• Sports officiating• Sports marketing• Careers in sport• Sports journalism	<ul style="list-style-type: none">• Community recreation• Recreation and fitness industry• Careers in recreation• Training for fitness• Expedition planning• Health and safety• Lifesaving and water safety• First aid for Outdoor Education



Overview

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.

Participation in sport and recreation activities can contribute to enhancing students' experiences and opportunities regarding employment, enterprise, further study, leisure and lifelong learning. They provide a unique opportunity for students to experience the challenge and fun of active participation in physical activity while developing beneficial vocational, life and physical skills.

The skills developed in Sport and Recreation may be oriented towards 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 sporting and recreational activities, contributing to ongoing personal and community development throughout their adult life.

In Sport and Recreation, students are involved in communicating ideas and information in, about and through sport and recreation activities. These activities will be the medium through which students examine the effects of sport and recreation on individuals and communities, investigate the role of sport and recreation in maintaining good health, evaluate strategies to promote health and safety, and investigate personal and interpersonal skills to achieve goals.

Sport and recreation involves students working individually, in groups and in teams. Students will be involved in acquiring, applying and evaluating information about and in physical activities and performances, planning and organising activities, investigating solutions to individual and community challenges, and using suitable technologies where relevant.