



Sports Lifestyle and Recreation (SLR)

STAGE 6 HSC ~ COURSE OUTLINE

Students with a keen interest in physical activity and sport will be well suited to this course. It is a practical based subject and students will be required to actively participate. It is expected that students will be fully attired in PE uniform.

Students will learn about the importance of a healthy and active lifestyle and recognise the need to be responsible and informed decision-makers.

This course enables students to further develop their understanding of and competence in a range of sport and recreational pursuits. They are encouraged to establish a lifelong commitment to being physically active and to achieving movement potential.

Through the course students will develop:

- knowledge and understanding of the factors that influence health and participation in physical activity
- knowledge and understanding of the principles that impact on quality of performance
- an ability to analyse and implement strategies to promote health, activity and enhanced performance
- a capacity to influence the participation and performance of self and others.

The course provides the opportunity to specialise in areas of expertise or interest through optional modules such as:

- Aquatics
- Athletics
- First Aid
- Fitness
- Specific Sports
- Gymnastics
- Outdoor Recreation
- Sports Administration
- Coaching
- Social Perspectives of Sport
- Healthy Lifestyle
- Resistance training
- Individual games and sports applications



SYLLABUS OUTCOMES

- 1.1 applies the rules and conventions that relate to participation in a range of physical activities
- 1.2 explains the relationship between physical activity, fitness and healthy lifestyle
- 1.3 demonstrates ways to enhance safety in physical activity
- 1.4 investigates and interprets the patterns of participation in sport and physical activity in Australia
- 1.5 critically analyses the factors affecting lifestyle balance and their impact on health status

- 1.6 describes administrative procedures that support successful performance outcomes
- 2.1 explains the principles of skill development and training
- 2.2 analyses the fitness requirements of specific activities
- 2.3 selects and participates in physical activities that meet individual needs, interests and abilities
- 2.4 describes how societal influences impact on the nature of sport in Australia
- 2.5 describes the relationship between anatomy, physiology and performance
- 3.1 selects appropriate strategies and tactics for success in a range of movement contexts
- 3.2 designs programs that respond to performance needs
- 3.3 measures and evaluates physical performance capacity
- 3.4 composes, performs and appraises movement
- 3.5 analyses personal health practices
- 3.6 assesses and responds appropriately to emergency care situations
- 3.7 analyses the impact of professionalism in sport
- 4.1 plans strategies to achieve performance goal
- 4.2 demonstrates leadership skills and a capacity to work cooperatively in movement context
- 4.3 makes strategic plans to overcome the barriers to personal and community health
- 4.4 demonstrates competence and confidence in movement contexts recognises the skills and abilities required to adopt roles that support health, safety and physical activity

BOSTES Assessment Information

External examination	Internal assessment	Weighting
No external examination required for this course.	A. Knowledge and Understanding	50%
	B. Skills	50%
	TOTAL MARKS	100

School Based Evidence of Learning ~ Formal Task Schedule

Task No.	Targeted Outcomes	Learning Context	Task	Date Due	Weighting		Marks
					A	B	
1	1.1, 2.3, 3.1, 4.1, 4.2	Individual Games	Game Development	Tm 4 Wk 7	15%	5%	20%
2	2.1, 2.3, 3.1, 4.1	Sports Coaching	Sports Coaching	Tm 1 Wk 6	10%	10%	20%
3	1.2, 2.1, 3.2, 3.7	Resistance Training Sports Coaching Individual Games	Trial HSC Examination	Tm 2 Wk 9	20%		20%
4	1.3, 4.2, 4.4	Physical Activity	Practical Participation	Ongoing	5%	35%	40%
TOTAL					50%	50%	100%