



PHYSICAL ACTIVITY & SPORTS STUDIES

Stage 5: Years 9-10 Subject Overview

Physical Activity and Sport Studies (PASS) is an elective course offered to Stage 5 students at Scone Grammar School. It enables those students to delve deeper into sport and physical activity fields. The course is of great benefit for those students who will study PDHPE in Year 11 and 12, for those interested in pathways in the sport and physical activity vocational fields and for those students who enjoy participating in a broad range of practical sports and games.

Course Description

PASS promotes the concept of learning through movement. Students experience, examine, analyse and apply new understanding through participation in selected movement applications.

PASS also promotes learning about movement skills, analysing movement performance and the coaching of others.

Students are encouraged to specialise and study areas of depth, to work towards a specific goal, pursue a formal qualification or examine an issue of interest related to the physical, emotional, social, cultural or scientific dimensions of physical activity and sport.

Recreation, physical activity, sport and related health fields provide legitimate career pathways. This course provides students with a broad understanding of the multifaceted nature of these fields.

What will students learn about?

PASS allows the students to select areas of study that are reflective of their interests and to the culture of the local environment. Students will choose modules under three broad Areas of study.

- i) **Foundational of Physical Activity.** Students may study systems of the body, energy use and production, safety in sport, sports medicine and nutrition. All of which have a practical application focus.
- ii) **Physical Activity and Sport in Society:** Students may examine community perspectives, age and cultural specific sports and games and sports designed for disabled groups. Patterns and nature of physical activity in communities can also be examined.
- iii) **Enhancing Participation and Performance:** Students are provided with opportunities, through a multitude of sports/games options, to enhance their participation and performance in physical activity and sport. Event management and the role of technology in sport can also be studied.

What will students learn to do?

Students will be involved in practical activities for 65% of the course, where they will be involved in activities such as sports medicine, peer coaching, aquatics, group exercise, world games, athletics, adventure sports, fundamental movement skills and a variety of different cultural games and sports. With the other 35% of the time being dedicated to the theoretical component of the course. This will see students displaying management and planning skills, goal setting, working collaboratively with others and analysing fact and opinion to make informed decisions.



School Certificate

Satisfactory completion of Physical Activity and Sport Studies during Stage 5 (Years 9 and 10) will be recorded with a grade on the student's School Certificate Record of Achievement.

Modules (Example)

- ***Born or Made:*** This unit of work is designed to build on the knowledge and understanding students have developed surrounding physical activity and the elements which are essential in order to be a successful athlete.
- ***Australia's Sporting Identity:*** The focus of this module is on establishing a link between sport and society through the use of relevant examples. Where appropriate the examples may relate to the physical activity and sport movement applications in which students participate in the course.
- ***Technology, Participation and Performance:*** Students examine how technology has impacted on participation and sporting performance. They will compare the positive and negative impacts that technology has had on sport and analyse how the media uses technology to enhance spectator appeal.
- ***Sports Coaching:*** For students to evaluate the qualities, character, knowledge, skills and attitudes of an effective coach. For students to design and implement a coaching session for a specific sport and develop a long term training program.
- ***Fundamentals of Movement Skill Development:*** In this Area of Study students are provided with the opportunity to explore and develop the foundations for participation and performance in physical activity and sport. Students establish a base of knowledge and skills that will encourage and enhance current, future and lifelong physical activity patterns. Students develop a capacity to evaluate factors that contribute to efficient and rewarding participation and to plan strategies that further enhance participation and performance.
- ***Issues in Sport and Physical Activity:*** This module promotes a case study approach to investigating issues in physical activity and sport. It provides a framework for study. Schools can apply the framework to one or more selected issues in physical activity and sport drawn from broad categories such as drugs, violence, obesity, media, politics, gender, equity, amateurism, reduction in participation rates, sponsorship and the law. Depending on the issue selected some content described may not be relevant and should not be studied.