

SPORT & RECREATION FOR LIFE

FACULTY PDHPE

CHARGE \$30

Purchase and maintenance of equipment (additional cost to access external sport venues and overnight excursion)

HOURS 100

School developed

If you enjoy being active, collaborating with others and making a difference through sport, this is the course for you!

This course is highly rewarding and very hands on. Starting with theory-based lessons, you will collaborate with peers to design, plan, problem solve, and negotiate the practical application of the following projects:

- leading coaching sessions with our local primary students
- assist with the training of Year 7 students at swim school
- the organisation of class-based tournaments.

You will have the opportunity to immerse yourself in coaching, sporting first aid, sports medicine and actively participate in a range of physical activities which may include but are not limited to; Speedball, European Handball, Basketball, Soccer, Oz-tag, go-karting, golf, footgolf, lawn bowls, water polo, rock climbing and more.

You will also be invited to attend the very popular overnight sport and recreation excursions to actively challenge yourself in a range of fun physical activities.

This course will develop and enhance your critical thinking, creativity, collaborative and communication skills and fuel your passion for sports based careers and lifelong physical activity.

STAGE 6 SUBJECT SELECTION

Sport
Lifestyle and Recreation
Sports Coaching

HIGHER EDUCATION

Exercise and Sport Science
Sport Development
Sport Coaching
Health and Physical
Education

CAREER OPPORTUNITIES

Personal Trainer
Sports Coach
Sport and Recreation Officer
Physiotherapist
Sports Scientist
Sports Administrator