

PASS – XFIT

FACULTY
PDHPE

CHARGE
\$50

Equipment update and
maintenance
T-shirt

HOURS
200

Board endorsed

This course is ideal for students with an interest in movement, strength and fitness. PASS is a challenging course that promotes learning about functional movement for enhanced fitness and sport performance.

This course will provide students with opportunities to analyse movement, assist the performance of others and develop fitness across 10 different components including strength, power, speed and endurance.

Students will be personally challenged in both practical and theory lessons.

Students can expect to:

- Learn about Applied Anatomy, Fitness Analysis, CrossFit Coaching, Nutrition for Performance, Catering For Diversity in Physical Activity and Australia's Sporting Identity.
- Participate in a range of fitness domains that will produce all round inclusive fitness and enhanced performance in specialised sporting movements.

This course requires a commitment to consistent practical application, positive interaction with others and provides a pathway to lifelong healthy habits and potential career pathways.

STAGE 6 SUBJECT SELECTION

PDHPE
Sport
Lifestyle and Recreation
Sports Coaching

HIGHER EDUCATION

Physiotherapist
Exercise Physiologist
Performance Analyst
Sport Scientist

CAREER OPPORTUNITIES

Personal Trainer
Sports Coach
Fitness Consultant
Sports Marketer
Strength and Conditioning
Coach
Sports Administrator
Sport Development