

# LIFT

**FACULTY**  
PDHPE

**CHARGE**  
\$10

Learning resources

**HOURS**  
100

School developed

Elevate your fitness journey in the LIFT elective, focusing on practical skills and healthy habits for lifelong movement. You will build on your existing knowledge and develop a sustainable, enjoyable approach to staying active and strong.

You will focus on practical exercises and routines that promote overall fitness and well-being. Each week, we'll explore different practical aspects of resistance training:

- **Functional Movement:** Learn advanced exercises that improve your strength and coordination for everyday activities.
- **Progressive Overload:** Understand how to increase your workouts' intensity to keep progressing safely.
- **Free Weights and Body Weight:** Master effective techniques using free weights and bodyweight exercises to build a versatile fitness routine.
- **Core Stability and Balance:** Focus on exercises that strengthen your core and improve balance, which is essential for overall physical health.

- **Recovery Practices:** Learn the importance of stretching, rest, and proper recovery techniques to prevent injuries and maintain long-term fitness.

Throughout the course, you will engage in hands-on activities, working individually and in groups to practice and refine your skills. We will incorporate interactive workouts, fitness challenges, and practical tips for integrating resistance training into your daily routine.

Join us for a practical and engaging experience that will set you on the path to lifelong movement and health. Get ready to discover the benefits of resistance training and build a foundation for a vibrant, active future!

## STAGE 6 SUBJECT SELECTION

Health and Movement  
Science, Sport, Lifestyle and  
Recreation Studies (SLR):  
Sports Coaching Cert II

## HIGHER EDUCATION

Sport Coaching  
Health Sport and Physical  
Education  
Exercise and Sport Sciences  
Physiotherapy

## CAREER OPPORTUNITIES

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