

# Sports Studies

Sports Studies explores sport, physical activity, and health. Students analyse sports, develop coaching skills, and use reflection and peer feedback to improve performance and understanding of physical activity and healthy lifestyles.

Northern Adelaide Senior College

PREREQUISITES:

- NIL

## WHAT WILL YOU LEARN?

1. Understand the tactics and coaching requirements for sport.
2. Develop teamwork, resilience, and communication skills through practical participation and group based activities.
3. Create a tailored fitness training program and a sports tournament.

| Assessment Overview | | |
|---|---|---|
| Stage 1 | 40% - Practical Exploration<br>30% - Connections<br>30% - Personal Venture | Assignments are multimodal, students collect evidence (footage) of practical work to analyse, provide peer feedback on and reflect to improve. |
| Stage 2 | 40% - Practical Inquiry<br>30% - Connections<br>30% Personal Endeavour | Assignments are multimodal, students collect evidence (footage) of practical work to analyse, provide peer feedback on and reflect to improve. |

## VOCATIONAL PATHWAYS

- Certificate IV in Allied Health Assistance
- Diploma of Fitness
- Diploma of Sport and Recreation Management

## TERTIARY PATHWAYS

- Bachelor of Education (PE)
- Bachelor of Physiotherapy
- Bachelor of Exercise and Sports Science

## CAREERS

- HPE Teacher
- Personal Trainer
- Physiotherapist
- Exercise Therapist
- High Performance Manager

1 SACE STAGE 1 | 10 CREDITS ONE SEMESTER/FULL YEAR

2 SACE STAGE 2 | 20 CREDITS FULL YEAR

ATAR SUBJECT