

## Physical Activity and Sport Studies (PASS)

Physical Activity and Sport Studies is a Content Endorsed Course

Course details are included on RoSA

Course details are included on School Report

The aim of the Physical Activity and Sports Studies course is to enhance students' capacity to participate effectively in physical activity, leading to improved quality of life for themselves and others.

Students will:

- develop a foundation for efficient and enjoyable participation and performance in physical activity and sport
- develop knowledge and understanding about the contribution of physical activity and sport to individual, community and societal wellbeing
- enhance the participation and performance of themselves and others in physical activity and sport
- develop the personal skills to participate in physical activity and sport with confidence and enjoyment
- develop a commitment to lifelong participation in physical activity and sport
- appreciate the enjoyment and challenge of participation in physical activity and sport
- value the contributions of physical activity and sport to wellbeing and society

The course is organised into three areas of study of which one or more modules from each area must be completed.

AREAS OF STUDY	Foundations of Physical activity	Physical activity and Sport in Society	Participation and Performance
<b>MODULES</b>	<ul style="list-style-type: none"><li>▪ Body systems and energy for physical activity</li><li>▪ Physical activity for health</li><li>▪ Physical fitness</li><li>▪ Fundamentals of motor skill development</li><li>▪ Nutrition and physical activity</li><li>▪ Participating with safety</li></ul>	<ul style="list-style-type: none"><li>▪ Australia's sporting identity</li><li>▪ Lifestyle, leisure and recreation</li><li>▪ Physical activity and sport for specific groups</li><li>▪ Opportunities and pathways in physical activity</li><li>▪ Issues in physical activity and sport</li></ul>	<ul style="list-style-type: none"><li>▪ Promoting active lifestyles</li><li>▪ Coaching and leading</li><li>▪ Enhancing performance – strategies and techniques</li><li>▪ Technology, participation and performance</li><li>▪ Event management</li></ul>

<b>MOVEMENT APPLICATION</b>	Aerobics and fitness Games Self-defense	Aquatics Dance Outdoor education	Athletics Gymnastics Recreation pursuits
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### Subject Assessment: Year 9 and Year 10

Topic Tests & Assignments

Practical Units

Carnival Participation - Swimming, Cross Country, Athletics

Students who are considering choosing this topic should have a keen interest in Physical Education.

**Course Adviser:** Mr C Pearson