

# SPORT & RECREATION



Sport and Recreation activities are an intrinsic part of Australian life and culture, for many people, participation in Sport and Recreation activities in a combination of competitive, aquatic, community recreation, fitness and outdoor recreation can make a positive contribution to a students' wellbeing. Engagement in these activities provides a unique and powerful opportunity for students to experience the challenge and fun of physical activity while developing vocational, life and physical skills to enhance their own lives and others in the community.

The skills developed in Sport and Recreation may be oriented toward work, personal fitness and general health and wellbeing for the future. Students will be involved in learning experiences that allow them to develop their interpersonal abilities and encourage them to appreciate and value active involvement in sport and recreational activities, contributing to ongoing personal and community development throughout their lives.

There is a clear link between the 2024 Curriculum and the 2032 Olympic and Paralympic Games.

The two-year Sport and Recreation course has a four-unit course of study:

1. Aquatic Recreation
2. Fitness for Sport and Recreation
3. Optimising Performance
4. Challenge in the Outdoors.

Students are required to complete two assessment tasks for each unit, a Performance and Project assessment. For each assessment students will Investigate, Plan, Perform and Evaluate outcomes in the context of the unit. Students will be expected to work individually and at times in small groups, complete a combination of multimodal, written and spoken streams of assessment.

## Career Opportunities:

- Fitness and Coaching Instruction
- Personal Training
- Sports Management
- Recreational Sports Officer in Government
- Community or Commercial organisations
- Sports Analyst
- Recreational Officer
- Sports Development Officer
- Exercise Physiologist

