# COURSE: SPORT, LIFESTYLE AND RECREATION

## 1. Syllabus Components

<table>
<thead>
<tr>
<th>Component</th>
<th>Weighting</th>
<th>Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>(7) Games &amp; Sports Applications II</td>
<td>25%</td>
<td>Tasks include: * Research reports * Practical performances to demonstrate theoretical understanding * Examinations/tests</td>
</tr>
<tr>
<td>(10) Individual Games &amp; Sports Applications</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>(13) Social Perspectives of Games and Sport</td>
<td>30%</td>
<td>There should be a balance between the assessment of: • knowledge and understanding outcomes and course content: and • skills outcomes and course content</td>
</tr>
<tr>
<td>(14) Sports Administration</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Marks</strong></td>
<td><strong>100</strong></td>
<td></td>
</tr>
</tbody>
</table>

## 2. Course Tasks

<table>
<thead>
<tr>
<th>Task</th>
<th>Timing</th>
<th>Outcomes</th>
<th>Weight</th>
<th>Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Research Task</td>
<td>T4, W9/10</td>
<td>1.4, 2.4</td>
<td>10%</td>
<td>SPSG</td>
</tr>
<tr>
<td>2. Half Yearly Examination</td>
<td>T1, W9/10</td>
<td>1.1, 1.3, 1.4, 2.1, 2.4, 3.1, 3.2, 3.7, 4.1, 4.4, 4.5</td>
<td>10%</td>
<td>SPSG</td>
</tr>
<tr>
<td>3. Final Examination</td>
<td>T3, W1/2</td>
<td>1.1, 1.3, 1.6, 2.1, 2.4, 3.1, 3.2, 4.1, 4.2, 4.4, 4.5</td>
<td>30%</td>
<td>SA, GSA II</td>
</tr>
<tr>
<td>4. Ongoing Practical</td>
<td>Term 4 2011 – Term 3 2012</td>
<td>1.1, 1.3, 2.1, 3.1, 3.2, 4.1, 4.4</td>
<td>50%</td>
<td>GSA II, &amp; IGSA</td>
</tr>
</tbody>
</table>
SPORT, LIFESTYLE AND RECREATION OUTCOMES

1.1 applies the rules and conventions that relate to participation in a range of physical activities
1.2 explains the relationship between physical activity, fitness and healthy lifestyle
1.3 demonstrates ways to enhance safety in physical activity
1.4 investigates and interprets the patterns of participation in sport and physical activity in Australia
1.5 critically analyses the factors affecting lifestyle balance and their impact on health status
1.6 describes administrative procedures that support successful performance outcomes

2.1 explains the principles of skill development and training
2.2 analyses the fitness requirements of specific activities
2.3 selects and participates in physical activities that meet individual needs, interests and abilities
2.4 describes how societal influences impact on the nature of sport in Australia
2.5 describes the relationship between anatomy, physiology and performance

3.1 selects appropriate strategies and tactics for success in a range of movement contexts
3.2 designs programs that respond to performance needs
3.3 measures and evaluates physical performance capacity
3.4 composes, performs and appraises movement
3.5 analyses personal health practices
3.6 assesses and responds appropriately to emergency care situations
3.7 analyses the impact of professionalism in sport

4.1 plans strategies to achieve performance goal
4.2 demonstrates leadership skills and a capacity to work cooperatively in movement context
4.3 makes strategic plans to overcome the barriers to personal and community health
4.4 demonstrates competence and confidence in movement contexts
4.5 recognises the skills and abilities required to adopt roles that support health, safety and physical activity