



# Sport & Recreation (Rec)

# Essential and Applied Subjects

- Applied subjects are suited to students who are primarily interested in pathways beyond senior secondary schooling that lead to vocational education and training or work.
- Results in Applied subjects contribute to the award of a QCE and one Applied subject result may contribute to an ATAR.
- At Lowood SHS we do not recommend students wishing to undertake an ATAR enter an Applied subject.
- Students will need solid foundational skills in literacy, numeracy, applied learning, community connections and core skills for work from which to work in an Applied subject.

# Frequently Asked Questions - Sport and Recreation

Question: Why select this subject?

Answer: This subject provides students with opportunities to learn in, through and about sport and active recreation activities, examining their role in the lives of individuals and communities.

A course of study in Sport and Recreation can establish a basis for further education and employment in the fields of fitness, outdoor recreation and education, sports administration, community health and recreation and sport performance.

# Frequently Asked Questions

Question: Are there any pre-requisites to enter this subject?

Answer: As the theory component of this subject involves conducting investigations and the writing of reports, it is recommended that a student has achieved at least a sound rating in English.

A love of participating in physical activity and general sporting games is an advantage to assist with the students development of personal and interpersonal skills in sports coaching and tournament organisation.

# Frequently Asked Questions

Question - Will I have to sit external exams?

Answer: No.

This subject is an Applied Senior Subject so assessment is made up of:

- a project and
- an investigation, or extended response
- participation in, and evaluation of physical performance in a range of sports and recreational activities.

# Frequently Asked Questions

- Question: Do I get to go on camp?
- Answer: Yes you do!

The project requires attendance at a Recreational Camp organised Semester 2, Year 12. This camp is the final assessment item.



# Frequently Asked Questions

- Question: Do I get to play sport?
- Answer: The amount of sport is similar to HPE in Year 10. The theory work will relate back to the practical work.
- For example: In year 11 you will participate in a sport in teacher lead sessions. The theory work will focus on how to develop coaching sessions. Your assessment will include the planning, the implementation and the evaluation of the coaching session in your regular Recreation lesson.

# Student Work Samples

- Tournament Organisation



- Coaching/Refereeing





# Contact Details

If you require any further details about this course please feel free to contact:

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