FITNESS FOR SPORT

Duration: Semester Unit

DESCRIPTION

Fitness for Sport aims to give students the opportunity to improve their skills in selected activities. This unit focuses on developing skills to improve personal fitness through an understanding of energy systems, training methods and principles, and fitness components. The practical sessions provide the opportunity to reinforce the theory components. Students may use a range of Technological Applications relating to fitness. This elective provides a pathway into VCE Physical Education or VET Sport and Recreation.

VICTORIAN CURRICULUM FOCUS

MOVING THE BODY
Apply movement concepts and strategies to enhance performance

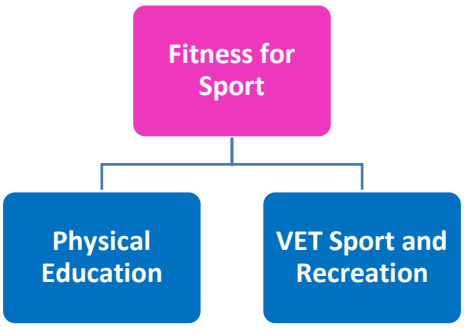
UNDERSTANDING MOVEMENT
Understand how and why the body moves and how to enhance the quality of movement and performance

SUBJECT REQUIREMENTS

- School PE Uniform
- iPad
- Folder to maintain class materials (including plastic pockets)

POTENTIAL PATHWAYS

(Subject to course availability)



YEAR 10

VCE /VCAL / VET

FURTHER STUDY/ POSSIBLE CAREERS

- Teaching
- Personal Training
- Sports Coaching
- Sports Science
- Sports Medicine