

# Ideas for Integrated Units – PASS Workshop

## Beach Fitness

- participating with safety
- Physical fitness

## Developing You & Developing Me

- Fundamental movement skills
- Coaching
- Physical activity for specific groups
- Opportunities and pathways

## Faster, Higher, Stronger

- Physical activity and sport for specific groups
- Event management
- Body systems

## The Olympics

- Event management
- Practical participation

## Generation2

- Technology in sport
- Nutrition
- Enhancing performance strategy and techniques

## We are all in this together

- Enhancing sport participation for specific groups
- Leisure life/recreation
- Promoting active lifestyle
- Coaching for specific groups

## Tech in Sport

- Physical fitness & technology
- Technology, participation & performance

## Coach Carter

- Coaching & enhancing performance
- Strategies & performance

## Modified Sports 'The Sports Factory'

- Promoting active lifestyles
- Physical activity/sport for specific groups
- Groups coaching

#### Fittest Athletes on the Planet?

- Physical fitness
- Body systems & energy systems

#### The Amazing Race

- Event Management
- Lifestyle leisure & recreation

#### Survivor Unit

- 5 week unit, end of course
- Orienteering
- Fitness
- Nutrition

#### How to train a human

- Physical fitness
- Nutrition & Physical activity

#### Don't Dis my Ability

- Physical activity and sport for specific groups
- Promoting active lifestyles
- Physical activity for health

#### Stick it! (Gymnastics)

- Enhancing performance
- Participating with safety
- Fundamental movement skills

#### The Great Outdoors

- Lifestyle, leisure & recreation
- Participating with safety

#### Get Fit, Get Active

- Physical fitness
- Physical activity for health

#### Practice Precision & Participation (practice makes perfect!)

- Fundamentals of movements skills development
- Enhancing performance strategies & technique

#### The Movement Machine

- Body systems
- Physical Fitness

### Skill Acquisition

- Coaching
- Fundamentals of movement skill development

### Drugs in Sport

- Participating with safety
- Enhancing performance
- Issues in physical activity and Sport

### Sports Medicine

- Physical fitness
- Physical activity for specific groups
- Participating with safety

### Sport Psychology

- Enhancing performance
- Coaching
- Fundamentals of movement development

### Issues in Sport

- Drugs
- Gender
- Body systems (genetics)

### Disabilities (pre and post)

- Physical activity for specific groups
- Opportunities and pathways into future

### **Others:**

Australia's Sporting Identity

Technology

Issues in sport

Payment/income

Opportunities in pathways

Politics in sport

Cultural Background

Level the Playing Field

Move it, Eat it, Do it

Enhancing Performance

Nutrition

Body Systems