

## Sample Scope and sequence: Physical Activity and Sports Studies – 100-hours course

*Sample for implementation from 2020*

| Term 1  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
|---|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| <p><b>Unit title:</b> <i>Lifelong physical activity</i> (25 hours)<br/>           Students explore meanings and perceptions of lifestyle, leisure and recreation in their school and community. They explore current models of physical activity and fitness and participate in group physical activities using these guidelines. Following this, they investigate the impact of participation in leisure and recreation for specific groups and propose and implement strategies to increase participation in the school or local community.</p> |        |        |        |        |        |        |        |        |        |         |
| <p><b>Area of study:</b> Physical Activity and Sport in Society <b>Module(s)</b> Lifestyle, leisure and recreation</p>  |        |        |        |        |        |        |        |        |        |         |
| <p><b>Syllabus outcomes:</b> PASS5-3, PASS5-4, PASS5-5, PASS5-7, PASS5-9, PASS5-10 <b>Life Skills outcomes:</b> PASSLS-3, PASSLS-4, PASSLS-7, PASSLS-9, PASSLS-10</p>   |        |        |        |        |        |        |        |        |        |         |

| Term 2  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
|---|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| <p><b>Unit title:</b> <i>Eating for energy and wellbeing</i> (25 hours)<br/>           Students investigate the nutritional needs of specific groups for healthy living and physical activity. They participate in anaerobic and aerobic activities and examine the influence of energy production on performance. Further opportunities include examining case studies, designing a basic nutritional plan for energy intake before, during and after physical activity and exploring the dietary guidelines in relation to weight management.</p> |        |        |        |        |        |        |        |        |        |         |
| <p><b>Area of study:</b> Foundations of Physical Activity <b>Module(s)</b> Nutrition and physical activity and Body systems and energy for physical activity</p>  |        |        |        |        |        |        |        |        |        |         |
| <p><b>Syllabus outcomes:</b> PASS5-1, PASS5-2, PASS5-8, PASS5-10 <b>Life Skills outcomes:</b> PASSLS-1, PASSLS-2, PASSLS-8, PASSLS-10</p>   |        |        |        |        |        |        |        |        |        |         |

| Term 3  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
|---|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| <p><b>Unit title:</b> <i>Advocating for an active lifestyle</i> (25 hours)<br/>           This unit enables students to evaluate structured settings for physical activity in the school and community, and develop and implement an advocacy strategy to increase levels of incidental, recreational and structured physical activity. They design and participate in various physical fitness routines and training programs using the FITT principle, with an understanding of the components of fitness. Students also investigate current trends in health and fitness, evaluate products and critically analyse marketing strategies used by organisations to promote products.</p> |        |        |        |        |        |        |        |        |        |         |
| <p><b>Area of study:</b> Foundations of Physical Activity and Enhancing Participation and Performance <b>Module(s)</b> Physical fitness and Promoting active lifestyles</p>   |        |        |        |        |        |        |        |        |        |         |
| <p><b>Syllabus outcomes:</b> PASS5-1, PASS5-2, PASS5-5, PASS5-6, PASS5-7, PASS5-8, PASS5-9, PASS5-10 <b>Life Skills outcomes:</b> PASSLS-5, PASSLS-6, PASSLS-7, PASSLS-8, PASSLS-9, PASSLS-10</p>   |        |        |        |        |        |        |        |        |        |         |

| Term 4  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
|---|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| <p><b>Unit title:</b> <i>Live the life you love</i> (25 hours)<br/>           This unit enables students to develop an understanding of the opportunities that exist for them to volunteer or work in the physical activity, sport and recreation industries. Students learn and practise the skills and leadership required to perform successfully in a range of roles, investigate and evaluate the lifestyle of a selected career pathway and may complete the qualifications and training requirements necessary for volunteer or paid employment in a physical activity, sport or recreational activity of their choice</p> |        |        |        |        |        |        |        |        |        |         |
| <p><b>Area of study:</b> Physical activity and sport in society <b>Module(s)</b> Opportunities and pathways in physical activity and sport</p>  |        |        |        |        |        |        |        |        |        |         |
| <p><b>Syllabus outcomes:</b> PASS5-4, PASS5-7, PASS5-8, PASS5-9, PASS5-10 <b>Life Skills outcomes:</b> PASSLS-4, PASSLS-7, PASSLS-8, PASSLS-9, PASSLS-10</p>  |        |        |        |        |        |        |        |        |        |         |

