

PHYSICAL ACTIVITY AND SPORTS STUDIES (PASS) (200 HOURS)

WHAT IS THE COURSE ABOUT?

PASS promotes the concept of “learning through movement”. By engaging in a broad range of physical activities students gain an understanding and appreciation of regular physical activity, which is essential to improving the health and quality of life of an individual.

The course includes modules selected from each of the following three areas of study:

Foundations of Physical Activity

- Body systems and energy for physical activity
- Physical activity for health
- Physical fitness
- Nutrition and physical activity
- Participating with safety
- Fundamentals of movement skill development

Physical Activity and Sport in Society

- Australia’s sporting identity
- Lifestyle, leisure and recreation
- Physical activity and sport for specific groups
- Opportunities and pathways in physical activity and sport
- Issues in physical activity and sport

Enhancing Participation and Performance

- Promoting active lifestyles
- Coaching
- Enhancing performance – strategies and techniques
- Technology, participation and performance
- Event management

WHY STUDY THE SUBJECT?

Students who enjoy participating and organising both sporting events and teams will find areas of interest in this course. Some of the learning experiences and skills students will learn are:

- Recreational, leisure and adventure pursuits (e.g. Raw Challenge)
- Competitive and non-competitive games (e.g. world sports, flag football)
- Individual and group physical fitness activities (e.g. fitness program development)

VALUE TO STUDENTS

This course facilitates a range of learning experiences that provide opportunities for positive interaction with others in both collaborative and competitive contexts. Theory lessons are directly linked and applied to practical activities and much of the content is linked to the movement aspects of the Stage 6 PDHPE course. This provides students with an excellent foundation for the HSC Course in PDHPE. Students learn about the multi-faceted nature of relevant industries connected to the subject matter. They work towards performance goals and pursue further training for careers in fields related to recreation; physical activity; sports and health. The PASS course also incorporates useful skills in organisation, enterprise, leadership and communication, coaching and teaching

