

## Stage 6 Courses

### **Personal Development, Health & Physical Education**

Students who select this course equip themselves with prerequisites for numerous opportunities in the humanities field for further study and employment such as nursing, occupational therapy, paramedics, recreation industry, PDHPE teaching and physiotherapy.

This is a 2unit course which runs for two years in both the Preliminary and HSC courses, students study two Core subjects and two Option subjects. These Core subjects become prior and expected knowledge when entering the HSC course.

#### The Preliminary Course

The Preliminary course begins in Year 11 and runs for the first three terms, concluding on the second last week of term three with Final Exams.

The Core subjects, 'Better Health for Individuals' and 'The Body in Motion', consist of approximately 10 weeks in length and explore issues encompassing the meanings of health, perceptions individuals have about health, behaviours which influence health, scientific foundations of human movement, and relationships between anatomy, physiology and fitness.

Regular options studied include 'Outdoor Recreation' whereby students attend a camp and practice and develop skills such as navigation, conservation and survival techniques; and 'First Aid' where students have the opportunity to gain their first aid certificate from an external provider, as well as engaging in the practical application of assessing and managing injuries and medical conditions. Both options run for approximately 7 weeks in length.

#### The HSC Course

The HSC course begins in Term 4 of Year 11 and runs for four terms, concluding at the end of Term 3 in Year 12. Trial HSC exams in the HSC course occur at the end of Term 2, allowing for sufficient time to refine and prepare students for examination expectations, as well as completion of the HSC course.

The Core subjects of 'Health Priorities in Australia' and 'Factors Affecting Performance' build upon the cores studied in the Preliminary Course and allow for further exploration of health and movement concepts such as the health status of Australians, areas of greatest concern, health promotion strategies, training methods for improved athletic performance, the effects of psychology on performance and nutrition and the athlete.

Regular options studied include 'Sports Medicine' whereby students learn to classify and manage sporting injuries, address demands of specific athletes, demonstrate taping and bandaging techniques; and 'Improving Performance' where students examine specific training techniques and yearly training schedules.

## **Sport, Lifestyle and Recreation**

Sport, Lifestyle and Recreation enables Stage 6 students to build upon their learning in Years K–10 Personal Development, Health and Physical Education. Specifically, it focuses on those aspects of the learning area that relate most closely to participation in sport and physical activity.

At James Fallon High School SLR is structured purposely so that students participate in half the lessons of practical and the remaining of theory, therefore having a good balance of both. Assessment tasks also vary between theory and practical tasks and for each module that is studied in class, students complete an assessment task.

Modules in which students study include Sports Administration, Social Perspectives of Games & Sports, Sports Coaching and Training, Healthy Lifestyle, Athletics and Individual Games & Sports Application I and II.

James Fallon High School has a strong affiliation with the local NRL (National Rugby League) development officer and during the Preliminary Course, students will undergo training in coaching and officiating. Throughout the semester they will be involved in organising Primary School events within the local community such as the Trent Barrett Shield and the Mortimer Shield. This program is known as 'Beyond the Goal Posts' and at the conclusion of this program students will receive their Level One Modified Games Coaching accreditation as well as their Level One Refereeing and Officiating qualification.