



# BRACKEN RIDGE STATE HIGH SCHOOL

## Year 12 Sport and Recreation

Sport and Recreation is an Applied subject and can contribute towards an **ATAR** calculation (if this is the only applied subject studied). Sport and Recreation focuses on the role of sport and recreation in the lives of individuals and communities. This subject provides students with opportunities to learn in, through and about sport and active recreation activities.

Sport and Recreation provides a unique opportunity for students to experience the challenging nature and enjoyment of active participation in the Sport and Recreation Industry. A course of study in Sport and Recreation can establish a basis for further education and employment in the fields of fitness, outdoor recreation and education, sports administration, community health and recreation and sport performance.

### Semester One

MODULE	SUB TOPICS	ASSESSMENT
<b>Water Sports and Leisure Activities</b>  <b>Integrated with:</b> Fishing	<ul style="list-style-type: none"><li>• Risk Assessments</li><li>• Zoning</li><li>• Fishing Guidelines</li><li>• Fish species</li><li>• Fishing rod knowledge</li><li>• Bait knowledge</li><li>• Rules / in possession limits</li><li>• Seasons</li></ul>	Performance: <ul style="list-style-type: none"><li>• Demonstrate the application of knowledge and skills about fishing in a wider range of contexts and evaluate their personal performance.</li></ul>
<b>Event Management and Tournament Organisation</b>  <b>Integrated with:</b> Badminton, handball, futsal, volleyball and dodgeball	<ul style="list-style-type: none"><li>• Risk assessments</li><li>• Tournament planning</li><li>• Promotional material</li><li>• Running of tournaments</li><li>• Evaluation</li><li>• Feedback</li></ul>	Project <ul style="list-style-type: none"><li>• Plan and implement a tournament reflecting on an individual's role within the organisation of the tournament and evaluate the effectiveness of the tournament</li></ul>



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### Semester Two

MODULE	SUB TOPICS	ASSESSMENT
<b>Sports Medicine and First Aid</b>	<ul style="list-style-type: none"><li>• First Aid principles</li><li>• Injury prevention</li><li>• DRSABCD</li><li>• CPR</li><li>• Bandaging</li><li>• EpiPen</li><li>• Asthma</li></ul>	Exam: <ul style="list-style-type: none"><li>• Demonstrate knowledge about first aid principles and injury prevention. Exam will include short response questions ranging from 50 – 150 words.</li></ul>
<b>Integrated with:</b> Futsal / Netball / Soccer	Knowledge and understanding Futsal / Netball / Soccer rules, procedures and safety considerations in game play.  Fundamental technique: <ul style="list-style-type: none"><li>• Skills</li><li>• Attack</li><li>• Defence</li><li>• Field/court positions</li><li>• Communication</li></ul>	
<b>Sport, Recreation and Fitness Industry</b>  <b>Integrated with:</b> Sports Aerobics / Boxing / CrossFit / Resistance Training / Strength and Conditioning / Weightlifting / Bush Walking / Orienteering	<ul style="list-style-type: none"><li>• Resources and agencies available for sport, recreation and fitness in the community</li><li>• Vocational and employment opportunities</li><li>• The role that Sport and Recreation has within Australian society</li></ul>	Performance: <ul style="list-style-type: none"><li>• demonstrate knowledge and skills about fitness in a wide range of contexts and evaluate individual performance</li></ul>

STRIVE TO ACCOMPLISH