



BRACKEN RIDGE STATE HIGH SCHOOL

Year 11 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.

MODULE	SUB TOPICS	ASSESSMENT
Unit 1: Fitness for sport and recreation	Fitness Exercise: <ul style="list-style-type: none"> - Calisthenics - Functional - Plyometrics - Cross Fit - Interval - Continuous - Fartlek - Resistance 	Performance: HIIT session
	Personal Training <ul style="list-style-type: none"> - Components of Fitness - FITT and Training - Programming 	Project: Select a context and develop a training program
Unit 2: Challenge in the outdoors	Fishing: <ul style="list-style-type: none"> • Risk Assessments • Zoning • Fishing Guidelines • Fish species • Fishing rod knowledge • Bait knowledge • Rules / in possession limits • Seasons - Workplace health and safety - Equipment and Rigging - Fishing Techniques 	Project: Develop a 'how to' fishing video guide
	Navigation / Orienteering <ul style="list-style-type: none"> • Map reading • Navigational skills • Compass bearing • Adventure trekking • Safety considerations • Course planning • Sun safety equipment 	Performance – Navigation and Orienteering Moreton Island Camp

