

## SPORT, LIFESTYLE AND RECREATION (SLR) - Version 2

### Course Content

Sport Lifestyle and Recreation makes a positive contribution to the total wellbeing of students. They develop knowledge and understanding of the value of activity, levels of movement skills, competence in a wide variety of sport and recreation contexts and skills in planning to be active. These and other aspects of the course enable students to adopt and maintain an active lifestyle.

### Modules

Aquatics  
Sports Administration  
Fitness  
Games and Sport Applications 1  
Healthy Lifestyles

Topic	Task	Weight %	Time	Outcomes
Aquatics	Practical and Theory lifesaving	25%	Term 4 Week 9	1.1, 1.3,2.2,3.1,4.4,4.5
Sports Administration	Research Task	25%	Term 1 Week 8	1.1,1.3,2.2,3.7,4.5
Fitness	Fitness testing and Analysis	25%	Term 2 Week 8	1.1, 2.2, 3.1, 4.4
All Modules	Trial HSC Examination	25%	Term 3 Week 5-6	All outcomes

**Outcomes** A student:

**Outcomes** A student:

- 1.1 applies the rules and conventions that relate to participation in a range of physical activities
- 1.2 demonstrates ways to enhance safety in physical activity
- 1.3 investigates and interprets the patterns of participation in sport and physical activity in Australia
- 2.1 explains the principles of skill development and training
- 2.2 analyses the fitness requirements of specific activities
- 2.3 selects and participates in physical activities that meet individual needs, interests and abilities
- 2.4 describes how societal influences impact on the nature of sport in Australia
- 3.1 selects appropriate strategies and tactics for success in a range of movement contexts
- 3.2 designs programs that respond to performance needs
- 3.6 assesses and responds appropriately to emergency care situations
- 3.7 analyses the impact of professionalism in sport
- 4.1 plans strategies to achieve performance goal
- 4.2 demonstrates leadership skills and a capacity to work cooperatively in movement context
- 4.4 demonstrates competence and confidence in movement contexts
- 4.5 recognises the skills and abilities required to adopt roles that support health, safety and physical activity