


LET
YOUR
light
SHINE

HPSP

*“Teach
me, Lord, your
way that I may
walk in your
Truth.”*

Psalm 86:11



TENISON WOODS
COLLEGE

2020

CURRICULUM
YEAR 10-12



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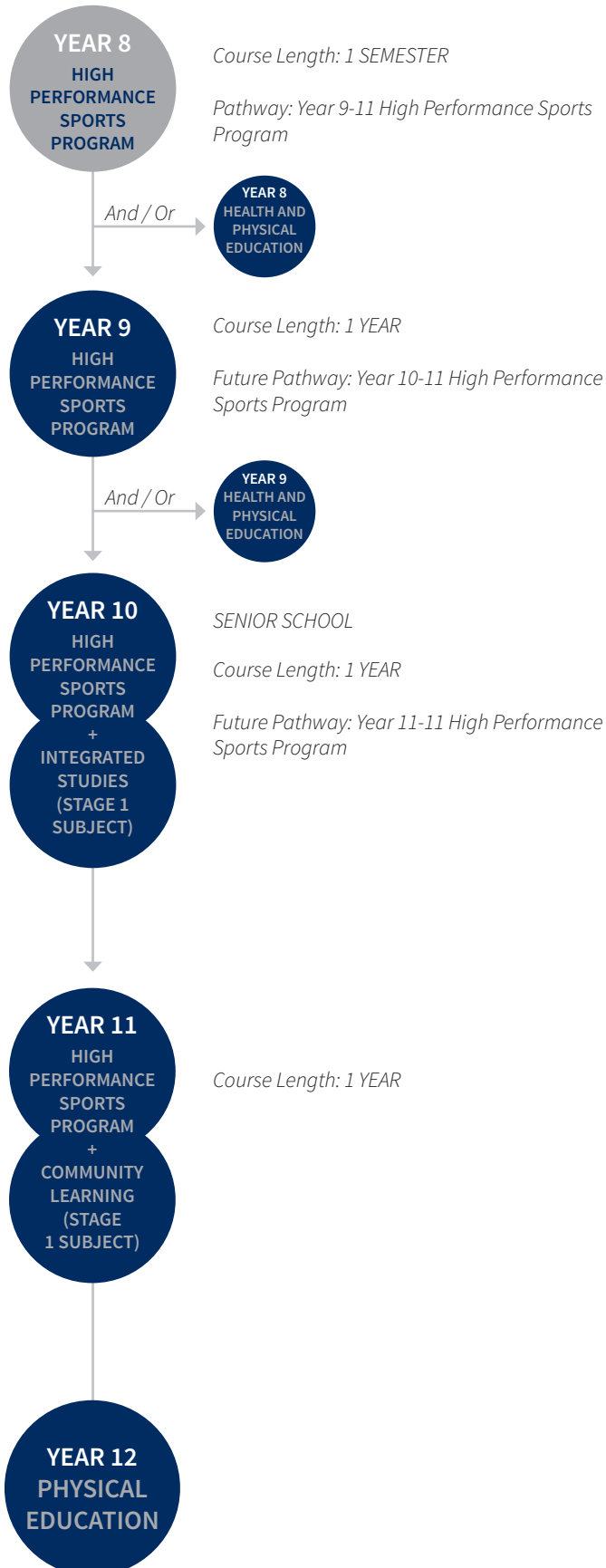
CONTENT STRANDS: INTEGRATED STUDIES
• COMMUNITY LEARNING • PHYSICAL EDUCATION



HIGH PERFORMANCE
SPORTS PROGRAM

[HIGH PERFORMANCE SPORTS PROGRAM]

HIGH PERFORMANCE SPORTS PROGRAM PATHWAY - YEAR 8 THROUGH TO YEAR 11
 IF SELECTION CRITERIA IS NOT MET, STUDENTS WILL BE SUBJECT COUNSELLED INTO ALTERNATIVE SUBJECTS



ADDITIONAL SUBJECTS:

Additional Subjects can be offered to complement students. These subjects should be discussed with Course Counsellors on acceptance into the High Performance Sports Program.

PHYSICAL EDUCATION A - EXERCISE PHYSIOLOGY

Year Level: 11 (Stage 1)

PHYSICAL EDUCATION B - SKILL ACQUISITION AND BIOMECHANICS

Year Level: 11 (Stage 1)

FITNESS (CERTIFICATE III)

Year Level: Stage 2 (available to Year 11 or 12 students)

STAGE 2 ADDITIONAL SUBJECT OPTIONS:

YEAR 12 PHYSICAL EDUCATION

Year Level: 12 (Stage 2)

SCIENTIFIC STUDIES SPORTS SCIENCE

Year Level: 12 (Stage 2)

Future Pathway: University - Professional Sporting Opportunities

[HIGH PERFORMANCE SPORTS PROGRAM]

PATHWAY FOR SENIOR SCHOOL STUDENTS

The High Performance Sports Program (HPSP) is a Year 8-11 program aimed at supporting and developing highly talented athletes in Football, Netball, Basketball, Soccer and Cricket while capturing the idealism of the student-athlete. Students who are excelling in other sports join our High Performing Athletes group.

The course combines the study requirements of daily academics with the training and development of the student's practical talents. The program is a multi-sport program that will provide students with opportunities to improve their practical skills and knowledge of their chosen sport, but will also develop their professionalism in off field related topics such as sport psychology, nutrition, data analytics, training principles and methods, strength & conditioning training and recovery methods.

Students can only enter this course through application. Please contact Kate Exelby, HPSP Coordinator (exelk@tenison.catholic.edu.au) or Ciaran Buckley, HPSP Head Coach (buckc@tenison.catholic.edu.au) at the college for more details on the application process or complete the 'Prospective Student Athlete form' found on Tenison Woods College website.

Please be advised that there are limited positions in the High Performance Sports Program, and are subject to students meeting selection criteria. If Students in this program don't meet the required criteria, they will be subject counselled into alternative subjects.

YEAR 10 HPSP - INTEGRATED STUDIES

Year Level:	10 (Stage 1)
SACE Credits:	10 credits per semester
Pathway:	11 High Performance Sports Program
Prerequisites:	Regional representation
Length:	Full Year- Semester 1 and Semester 2

Course Description:

There are two components undertaken in Year 10 High Performance Sports Program: practical and theory. Practical: A head coach for each sport will be allocated to all students-athletes. Students will complete 1 session a week of specialist coaching within their chosen sport which aims to improve their skill development and tactical awareness. Additional sessions will be planned around strength & conditioning and film analysis/data analytics.

Theory: Student-athletes undertake Stage 1 Integrated Studies. Students will complete 1 double lesson per week and theory components include two folio tasks and two reflection tasks plus a performance skills checklist. Topics implemented and linked to High Performance Sports Program assessments are sport nutrition, sport psychology, data analytics and training principles and methods. Student-athletes performing at a state or national pathway will receive support for both the skill/strength and conditioning development and academic progress through the student-athlete welfare manager.

Assessment:

This will consist of a strength and conditioning progress report, practical skills checklist and assignments through PAM and parent/coach interviews.

Cost:

\$100.00 plus a uniform fee (if required).



[HIGH PERFORMANCE SPORTS PROGRAM]

PATHWAY FOR SENIOR SCHOOL STUDENTS

YEAR 11 HPSP - COMMUNITY LEARNING (STAGE 2 SUBJECT)

Year Level: 11 (Stage 2)
SACE Credits: 10 credits per semester
Prerequisites: State or National Pathway
Length: Full Year- Semester 1 and Semester 2

Course Description:

Student-athletes undertake Stage 1 Self Directed Community Learning and will receive support for both the skill/strength and conditioning development and academic case management of the student-athlete through the student-athlete welfare manager. The High Performance Sports Program head coach for each sport

will be allocated to all students-athletes. Students will receive specialist coaching within their chosen sport which aims to improve their skill development and tactical awareness. Additional sessions will be planned around strength & conditioning, film analysis/data analytics and case management/study periods.

Assessment:

This will consist of a strength and conditioning progress report, practical skills checklist through PAM and parent/coach interviews.

Cost:

\$100.00 plus a uniform fee (if required)



HIGH PERFORMANCE SPORTS PROGRAM

[HIGH PERFORMANCE SPORTS PROGRAM]

PATHWAY FOR SENIOR SCHOOL STUDENTS

Additional Subjects can be offered to complement students. These subjects should be discussed with your Course Counsellor on acceptance into the High Performance Sports Program.

STAGE 1 ADDITIONAL SUBJECT OPTIONS:

YEAR 11 PHYSICAL EDUCATION A (EXERCISE PHYSIOLOGY)

Year Level: 11 (Stage 1)
SACE Credits: 10 per semester
Pathway: Stage 2 Physical Education
Prerequisites: Recommend Year 10 PE
Length: 1 Semester - Exercise Physiology (Semester 1)

Course Description:

There are three main focus areas of this subject:

- Focus Area 1: In movement
- Focus Area 2: Through movement
- Focus Area 3: About movement

Learning is delivered through an integrated approach in which opportunities are provided for students to undertake, and learn through, a wide range of authentic physical activities (e.g. sports, theme-based games, laboratories, fitness and recreational activities). Students explore movement concepts and strategies through these physical activities to promote performance and participation outcomes. They learn experientially, applying gained knowledge in concepts including skill acquisition, biomechanics, energy systems, training

principles/methods and responses, nutrition and participation in sport. An integrated approach to learning supports a conceptual framework that promotes deep learning in, through, and about physical activity.

Assessment:

Students provide evidence of learning through three assessment tasks. Students undertake:

- at least one Improvement Analysis task
- at least one Physical Activity Investigation

Evidence for each task/investigation should be up to a maximum of 6 minutes for an oral or multimodal presentation, or up to a maximum of 1000 words

Additional Information:

This subject has a practical based component, with the possibility of students undertaking some activities off campus at the local fitness centre (to be negotiated at start of semester).

Please note: Each semester will contain different content, based on the course description.

Cost:

Approximately \$30.00 to cover gym visits, community excursions, bus travel.

YEAR 11 PHYSICAL EDUCATION B (SKILL ACQUISITION AND BIO-MECHANICS)

Year Level: 11 (Stage 1)
SACE Credits: 10 per semester
Pathway: Stage 2 Physical Education
Prerequisites: Recommend Year 10 PE
Length: 1 Semester - Skill Acquisition and Bio-Mechanics (Semester 2)

Course Description:

There are three main focus areas of this subject:

- Focus Area 1: In movement
- Focus Area 2: Through movement
- Focus Area 3: About movement

Learning is delivered through an integrated approach in which opportunities are provided for students to undertake, and learn through, a wide range of authentic physical activities (e.g. sports, theme-based games, laboratories, fitness and recreational activities). Students explore movement concepts and strategies through these physical activities to promote performance and participation outcomes. They learn experientially, applying gained knowledge in concepts including skill acquisition, biomechanics, energy systems, training principles/methods and responses, nutrition and participation in sport. An integrated approach to learning supports a conceptual framework that promotes deep learning in, through, and about physical activity.

Assessment:

Students provide evidence of learning through three assessment tasks. Students undertake:

- at least one Improvement Analysis task
- at least one Physical Activity Investigation

Evidence for each task/investigation should be up to a maximum of 6 minutes for an oral or multimodal presentation, or up to a maximum of 1000 words

Additional Information:

This subject has a practical based component, with the possibility of students undertaking some activities off campus at the local fitness centre (to be negotiated at start of semester).

Please note: Each semester will contain different content, based on the course description.

Cost:

Approximately \$30.00 to cover gym visits, community excursions, bus travel.

[HIGH PERFORMANCE SPORTS PROGRAM]

PATHWAY FOR SENIOR SCHOOL STUDENTS

FITNESS (CERTIFICATE III)

Year Level: 11 or 12 (Stage 2)
SACE Credits: 20
Pathway: TAFE
Prerequisites: Successful completion of Year 10 HPE. Compulsory Interview required for application.
Length: 1 year

Course Description:

This qualification reflects the role of instructors who perform a range of activities and functions within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise

instruction for group, aqua or gym programs. They work independently with some level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes. Individuals who specialise in Gym Instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

Assessments:

Students will participate in a range of bookwork and assignments as well as demonstrations. Students will be expected to undergo testing situations.

STAGE 2 ADDITIONAL SUBJECT OPTIONS:

YEAR 12 PHYSICAL EDUCATION

Year Level: 12 (Stage 2)
SACE Credits: 10 or 20
Prerequisites: Recommended Pre-Study: Stage 1 Physical Education (Semesters 1 and 2)
Length: 1 semester or full year (2 sequential units)

Course Description:

In Stage 2 Physical Education, students gain an understanding of human functioning and physical activity and an awareness of the community structures and practices that influence participation in physical activity. Students explore their own physical capacities and analyse performance, health, and lifestyle issues. They develop skills in communication, investigation and the ability to apply knowledge to practical situations.

Stage 2 Physical Education consists of two key areas of study and related key concepts:

Practical Skills and Applications:
Students complete at least three practicals that are balanced across a range of individual, fitness, team, racquet, aquatic and outdoor activities and that cater for the different skills and

interests of the students.

Theory:

Students will study the units of: Exercise physiology and physical activity; and, the acquisition of skills and the biomechanics of movement.

These topics study the body, its structure and how it moves.

Assessment:

Students demonstrate evidence of their learning through the following assessment types:

- School-Based Assessment
- Folio (20%)
 - Group Practical (30%)
 - Individual Practical (20%)
- External Assessment
- Exam (30%)

Costs:

The Essentials workbook (\$53).
Possible Bushwalking Camp (if selected by students) of approximately \$40.00.

YEAR 12 SCIENTIFIC STUDIES (SPORTS SCIENCE)

Year Level: 12 (Stage 2)
SACE Credits: 20
Pathways: This subject prepares students for a range of tertiary and employment options.
Prerequisites: Students selecting this option would benefit from having studied Stage 1 Physical Education and some Biology.
Length: 1 year

Special Considerations: This course is available at Year 11 to students with recommendation.

Course Description:

Students selecting Sports Science (Scientific Studies) will explore

individual learning interests combining Science and Sport. There will be flexibility in the selection of themes and topics studied based on the interests of the students.



Through Scientific Studies, students develop knowledge of scientific principles and concepts through their own investigations in areas such as practical sports, health and fitness, diet and nutrition etc. They develop the skills and abilities to explain scientific phenomena, and to draw evidence-based conclusions from investigations of sports science-related issues.

Assessment:

Students demonstrate evidence of their learning through Skills and Applications Tasks (30%), Investigation Folio Tasks (Issues and Practical Investigations) (40%). The external assessment component will be a Practical Investigation (30%).