

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
1	Module 1: Sport Nutrition This module develops students' understanding of nutrition and nutritional requirements for performance in sport, particularly netball. Students will demonstrate physical performance in netball contexts.	30	Electives • Netball Categories • Games and sports	Sport and recreation in the community • C1.1 Sport and recreation have an important role within Australian society Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	1	Investigation Investigate and justify the development of a nutritional plan for a three day netball competition. • Written response Research report 600–800 words	• Acquiring • Applying • Evaluating
1	Module 2: Sport officiating This module develops students' knowledge and skills required to officiate sporting games and/or competitions as an umpire. Students will demonstrate physical performance and refereeing skills in different contexts.	25	Electives • Basketball • Netball • Soccer • Oz-tag Categories • Games and sports	Sport and recreation in the community • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	2	Performance Demonstrate application of officiating and refereeing knowledge and skills in physical performance contexts and evaluate personal performance to make recommendations for future performances. 2.0–4.0 minutes	• Acquiring • Applying • Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
2	Module 3: Coaching Your Team This module develops students' understanding of coaching principles and allows them to demonstrate and refine their coaching skills in touch football contexts.	30	Electives • Touch football Categories • Games and sports	Sport and recreation in the community • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	3	Project Plan and implement a coaching session for touch football for an identified groups of participants. Evaluate the effectiveness of the coaching session and make recommendations to enhance future performance. • Written component Report including a plan of the coaching session, the required equipment for the session and the target audience. 500–900 words • Performance component Demonstration of the coaching skills and principles required to manage an identified group of participants. 2.0–4.0 minutes • Spoken component Interview evaluating individual performance during the delivery of the coaching session and making recommendations to enhance future performances. 1.5–3.5 minutes	• Acquiring • Applying • Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
2	Module 4: Training For Fitness - Strength and Conditioning This module develops students' understanding of strength and conditioning fitness requirements and how they can enhance physical performance. Students will plan and demonstrate physical performance in a variety of fitness contexts.	25	Electives <ul style="list-style-type: none"> Strength and conditioning Categories <ul style="list-style-type: none"> Lifelong physical activities 	Sport and recreation in the community <ul style="list-style-type: none"> C1.1 Sport and recreation have an important role within Australian society Sport, recreation and healthy living <ul style="list-style-type: none"> C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities <ul style="list-style-type: none"> C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities <ul style="list-style-type: none"> C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	4	Performance Demonstrate application of knowledge and skills about strength and conditioning in a range of fitness contexts and evaluate personal performance in the module, making recommendations for future performance. 2.0–4.0 minutes	<ul style="list-style-type: none"> Acquiring Applying Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
3	Module 5: Event Management - Tournament Organisation This module develops students' understanding of policies and procedures involved in event management and tournament organisation. Students will apply this knowledge to organise and conduct a futsal tournament.	30	Electives <ul style="list-style-type: none"> Futsal Categories <ul style="list-style-type: none"> Games and sports 	Sport and recreation in the community <ul style="list-style-type: none"> C1.1 Sport and recreation have an important role within Australian society C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living <ul style="list-style-type: none"> C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities <ul style="list-style-type: none"> C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities <ul style="list-style-type: none"> C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	5	Project Plan and implement a futsal tournament reflecting on an individual's role within the organisation of the tournament and evaluating the effectiveness of the tournament. <ul style="list-style-type: none"> Spoken component Interview evaluating individual performance during the implementation of the tournament and making recommendations to improve future implementations. 2.5–3.5 minutes Performance component Demonstration of the skills necessary for running a tournament. 2.0–4.0 minutes Written component Report identifying their roles and responsibilities while planning for the implementation of the tournament. 500–900 words 	<ul style="list-style-type: none"> Acquiring Applying Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
3	Module 6: Sport, Recreation and Fitness Industry This module develops students' understanding of the resources and agencies available for sport, recreation and fitness within the community, as well as available vocational and employment pathways. Students will demonstrate physical performance in badminton contexts.	25	Electives <ul style="list-style-type: none"> • Badminton Categories <ul style="list-style-type: none"> • Games and sports 	Sport and recreation in the community <ul style="list-style-type: none"> • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living <ul style="list-style-type: none"> • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities <ul style="list-style-type: none"> • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities <ul style="list-style-type: none"> • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	6	Performance Demonstrate application of knowledge and skills about badminton in a wide range of contexts and evaluate individual performance in the module. 2.0–4.0 minutes	<ul style="list-style-type: none"> • Acquiring • Applying • Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
4	<p>Module 7: Sports Medicine and First Aid This module develops students' understanding of first aid principles and injury prevention strategies for sports with particular focus on volleyball. Students will demonstrate physical performance in volleyball contexts.</p>	30	<p>Electives</p> <ul style="list-style-type: none"> • Volleyball <p>Categories</p> <ul style="list-style-type: none"> • Games and sports 	<p>Sport and recreation in the community</p> <ul style="list-style-type: none"> • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community <p>Sport, recreation and healthy living</p> <ul style="list-style-type: none"> • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance <p>Health and safety in sport and recreation activities</p> <ul style="list-style-type: none"> • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities <p>Personal and interpersonal skills in sport and recreation activities</p> <ul style="list-style-type: none"> • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	7	<p>Investigation Investigate and justify the injury prevention strategies and first aid treatment options for participants in a weekend volleyball competition.</p> <ul style="list-style-type: none"> • Written response Research Report 600–1000 words 	<ul style="list-style-type: none"> • Acquiring • Applying • Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
4	<p>Module 8: Water Safety and Lifesaving This module develops students' understanding of the skills and concepts involved in water safety and lifesaving, particularly in the completion of a Bronze Medallion. Students will demonstrate physical performance in lifesaving contexts.</p>	25	<p>Electives</p> <ul style="list-style-type: none"> • Lifesaving • Swimming <p>Categories</p> <ul style="list-style-type: none"> • Lifelong physical activities 	<p>Sport and recreation in the community</p> <ul style="list-style-type: none"> • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community <p>Sport, recreation and healthy living</p> <ul style="list-style-type: none"> • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance <p>Health and safety in sport and recreation activities</p> <ul style="list-style-type: none"> • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities <p>Personal and interpersonal skills in sport and recreation activities</p> <ul style="list-style-type: none"> • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	8	<p>Performance Demonstrate the application of knowledge and skills about swimming, lifesaving and water safety in a wide range of contexts and evaluate their performance in the module. 2.0–4.0 minutes</p>	<ul style="list-style-type: none"> • Acquiring • Applying • Evaluating

