**YEAR 10 SPORT SCIENCE 2013**

**Course Description**

 \_The focus of this unit is introducing students to basic movement, biomechanical, physiological and coaching concepts.

 \_These concepts provide the basis for assessment and the enhancement of their own performance.

 \_The understanding of the relationship between the practical and theoretical aspects of the course will be further enhanced as students develop and improve.

 \_On completion of the unit, students should be able to:

o **PHYSIOLOGY:** Apply understanding of exercise physiology concepts to the design of specific training programs**.**

o **SKILLS, STRATEGIES AND TACTICS:** Apply movement skills, tactics and strategies in response to modified game situations.

o **BIOMECHANICS:** Apply understanding of biomechanical principles to the production and execution of movement.

o **COACHING:** Apply understanding of coaching styles and leadership to the facilitation of drills and training sessions.

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| **Assessment Term 1** | **Term 2** |
| **25%**  **TASK 1 Physiology Assignment**  Design a suitable training program in response to fitness testing and sporting context. | **25%**  **TASK 3 Biomechanics Assignment**  Analyse, evaluate and provide feedback on sporting movement/s. |
| **25%**  **TASK 2 Skills Assessment**  Select and perform appropriate, precise and controlled skills, strategies and tactics in modified games. | **25%**  **TASK 4 Coaching Task**  Facilitate sporting drills in a basic training session application. |