

Yishun Secondary School

Subject & Code: Exercise and Sports Science (ESS) Syllabus 6081

Level & Stream: Secondary 3 G3

The Curriculum and Approaches to Learning		Key Programmes / Competitions
Through the study of Exercise and Sports Science (ESS), students are grounded in the sub-disciplines of sports science with an understanding of sociology in relation to sports. They develop disciplinary thinking and practices of the subject and interdisciplinary understanding to problem-solve and evaluate performance for improvement in different practical settings. They also adopt a balanced view in examining issues influencing sports and participation in physical exercise.		
Term / Week	Learning Experiences (Chapter, Activity)	Learning Outcomes & Assessment
1 / 1-8	<p>Exercise Physiology</p> <ul style="list-style-type: none">• Skeletal system• Muscular system• Circulatory system• Respiratory system• Energy system• Training principles and methods• Effects of exercise on the body• Injury and prevention	
1 / 9-10	<p>Motor learning and development</p> <ul style="list-style-type: none">• Classification of skills• Factors affecting motor learning and development	W8: WA1 – Exercise physiology
2 / 1-4	<p>Motor learning and development</p> <ul style="list-style-type: none">• Information processing model• Feedback• Movement concepts and motor skills framework• Game-related concepts	
2 / 5-9	<p>Biomechanics</p> <ul style="list-style-type: none">• Newton's laws of motion• Stability• Summation of forces• Projectile motion• Movement phases	W7: SLF W8: WA2 – Individual and team practical activity
2 / 10	<p>Sports psychology</p> <ul style="list-style-type: none">• Motivation	

3 / 1-3	<p>Sports psychology</p> <ul style="list-style-type: none"> • Arousal and performance • Anxiety • Goal setting 	
3 / 4-6	<p>Performance analysis</p> <ul style="list-style-type: none"> • Analysis of Physical Performance • Analysis of Technical Performance • Analysis of Tactical Performance 	
3 / 7-10	<p>Sports sociology</p> <ul style="list-style-type: none"> • Ethics • Equity • Commercialisation 	W8: MLD, biomechanics & sports psychology
4 / 1-2	Content revision	