INTRODUCTION TO THIS ACADEMY

The Erindale Sports Academy enjoys the unique advantages afforded by the facilities of the Active Leisure Centre. Students are offered a range of courses catering for different interests and ability levels.

COURSES

4.2.1 EXERCISE SCIENCE (T)

Unit Description

All units are of one term duration. All semester units are divided into two discreet term units. It is possible to enter or exit the course at the end of term 1/beginning of term 2. The second term contains the foundation knowledge for the course.

Exercise Science (T) is available as a Minor or a Major.

Sports Nutrition and Basic Anatomy
(This is a semester long unit)

Sports Nutrition
(Half semester unit)
Study of specific dietary requirements for athletic performance and the structure and function of the digestive system.

Basic Anatomy and Physiology
(Half semester unit)
Study of cells and the structure and function of body systems including circulatory and respiratory systems.

Functional Anatomy and Sports Performance
(This is a semester long unit)
Functional Anatomy and Physiology

4.2.2 SPORTS SCIENCE (A)

This course is an interdisciplinary course which combines the Exercise Science and Sports Studies courses. The course is based on a bi-annual plan, where a Sports Studies minor is offered in one year, with an Exercise Science minor offered in the following year. This combines to form a Sports Science major. Students aiming for an Accredited Package who enjoy the content on offer in Exercise Science (see above) often enrol in this course. The assessment is considered less detailed and more practical. Students who wish to follow a career in

(Half semester unit)
The study of muscular, articular, skeletal and nervous systems and how these are applied to movement and human performance.

Sports Performance
(Half semester unit)
Study of the principles of fitness and training methods.

Exercise Physiology and Sports Medicine
(This is a semester long unit)

Exercise Physiology
(Half semester unit)
Study of energy systems, physiological adjustments to exercise and the physiology of training methods and principles.

Sports Medicine
(Half semester unit)
A study of the causes, management, preventative measures and rehabilitation procedures associated with sports medicine.

Sports Psychology and Biomechanics
(This is a semester long unit)

Sports Psychology
(Half semester unit)
A study of the principles of Sports Psychology and the impact this area has on sporting performance.

Biomechanics
(Half semester unit)
A study of the principles of physics related to static and dynamic situations of the human body.

Employment/Further Studies Pathways

Students who graduate with a major in Exercise Science will have gained valuable foundation knowledge for related tertiary study such as physiotherapy, nursing, physical education teaching, medical science, sports science and biomechanics.
Sports Studies, Coaching, Sports Administration would benefit from this course.

Exercise Science Units
Anatomy and Physiology
(This is a semester long unit)
Basic Anatomy and Physiology
(Half semester unit)
Study of cells and the structure and function of body systems including circulatory and respiratory systems.

Functional Anatomy and Physiology
(Half semester unit)
The study of muscular, articular, skeletal and nervous systems and how these are applied to movement and human performance.

Sports Performance and Sports Medicine
(This is a semester long unit)
Sports Performance
(Half semester unit)
Study of the principles of fitness and training methods.

Sports Medicine
(Half semester unit)
A study of the causes, management, preventative measures and rehabilitation procedures associated with sports medicine.

Sports Studies units
Skill Acquisition and Sport, Leisure and Recreation.
(This is a semester long unit)
Skill Acquisition
(Half semester unit)
The study of motor skill development and its effect on sporting performance.

Sport, Leisure and Recreation
(Half semester unit)
Study of Sport, Leisure and Recreation in the community and the effect it has on populations, health and fitness.

Sports Coaching
(This is a semester long unit)

Beginning Coaching
(Half semester unit)
The study of the principles involved in Beginning Coaching.

Continuing Coaching
(Half semester unit)
Studies that further develop the coaching principles, including understanding coaching various groups of athletes, developing and understanding the delivery of training programs.

4.2.3 SPORTS DEVELOPMENT (A)
The Sports Development course is designed to cater for all students who have been selected in the Erindale Sports Academy which includes the Talented Sports Program at Erindale College. The course consists of four semester units that are not sequential. Each unit consists of three strands:

- Sports Performance
- Sports Conditioning
- Athlete Management

Student programs will be tailored to meet the individual athlete’s needs and sporting requirements, in close consultation with identified coaches and sporting organisations. In each unit, the sports performance strand will provide the talented athletes with the time and access to the facilities that they need to develop their specialised skills. Other content includes but is not limited to:

- Evaluation and assessment of performance
- Setting of, and reflecting on goals, aspirations and expectations, both short and long term.
- Monitor your training and academic work, and demonstrate time management skills
- Attending lectures on the topics of Athlete Management

Unit Description
Each unit is of one semester duration. There are entry/exit points at the beginning and end of each term. Entry into each unit is based on selection.

Each unit title provides a description of the theory component, which we refer to as Athlete
Management. The course is approximately 70% practical and 30% theory.

Unit Titles

**Nutrition and Sports Psychology**

**Understanding Time Management and Drugs in Sport**

**Sports Injuries and Career Planning**

**Technology in Sport and Athlete Recovery**

Employment/Further Studies Pathways

Members of the Talented Sports Program receive numerous opportunities to promote and develop their sports, and a number end up pursuing their sport in a part-time or full-time capacity after leaving college. The information gained in the theoretical aspects of the course provides valuable foundation knowledge for tertiary study in related fields.

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### 4.2.4 PHYSICAL EDUCATION (A)

This course is designed for a wide range of students who have an interest in physical activity, personal fitness, sport and recreation. Physical Education will give you the opportunity to attain and maintain a satisfactory level of physical fitness through a variety of satisfying activities. In addition, the course aims to build your self-confidence, and develop skills and attitudes that may lead to sustained interest in leisure activities in adult life.

Unit Description

*Each semester unit is made up of two half-semester units. There are entry and exit points at the end of each term. Units are not sequential and there are no prerequisites.*

**TEAM SPORTS AND COMPETITIONS**

(This is a semester long unit)

Team Sports

(Half semester unit)

In this unit you will participate in a number of selected team sports; demonstrate individual and team skills; gain an understanding of the rules, tactics and positional play of the selected sports; and study the history and origins of selected sports.

Sports Competitions

(Half semester unit)

This unit is designed around the SEPEP model (Sport Education in Physical Education Program). Through practical involvement in devising and implementing competitions in various sports, you will develop an understanding of the principles involved in organising sporting competitions.

**LEISURE AND RACQUET SPORTS**

(This is a semester long unit)

Leisure Activities

(Half semester unit)

Experience a variety of leisure and recreation activities; study and discuss the influence of leisure and recreation in contemporary society; and identify the recreational needs of the local community.

Racquet Sports

(Half semester unit)

This unit covers skill development in a variety of racquet sports, as well as the rules and scoring methods of those sports, for example, tennis, badminton, squash and racquetball.

**INDIVIDUAL AND MODIFIED SPORTS**

(This is a semester long unit)

Individual Sports

(Half semester unit)

In this unit you will participate in a range of individual sports; develop the individual skills involved; gain an understanding of the rules and develop skill in applying them; and develop an understanding of how fitness can be maintained through participation in individual sports.

Modified Sports

(Half semester unit)

Undertake practical activities in selected modified sports: to develop and improve sports-related skills; develop and implement your own modified sports and activities; and develop an understanding of how modified sports can be used as a learning tool for traditional sports.

**FITNESS ACTIVITIES & FOOTBALL CODES**

(This is a semester long unit)

Fitness Activities

(Half a semester unit)
In this unit you will participate in a range of fitness activities; utilising the facilities at the college, including the team gym. You will complete a series of fitness tests and learn how to develop a personal fitness program/regime that will include strength, aerobic and anaerobic training. This is very much a practical course but also includes a theoretical component that will complement Human Movement and Sports Science courses offered at the college.

Football Codes
(Half a semester unit)
In this unit you will participate in a range of football based activities; develop game understanding and the basic principles of play needed to apply these skills in game situations. Skill acquisition through training, game sense activities and where appropriate competitive matches, will be a major focus.

4.2.5 OUTDOOR EDUCATION (A)
Course Outline
At Erindale College we offer a wide range of outdoor adventure pursuits with our accredited program.

Year 11
- Snorkelling
- Caving / Abseiling
- Alpine Skiing
- Cross Country Mountain Biking

Year 12
- Surfing
- Rock-climbing
- Snowboarding
- Canoeing

Content
There is a balance of emphasis on practical skill development and knowledge. Content includes recreation and outdoor skill development, personal and interpersonal development and environmental awareness.

Adventure field trips / excursions
Each unit has a compulsory excursion component. Students have to attend a 2 to 3 day trip per unit. These practical excursions account for 60% of a student’s assessment. Much skill development and assessment takes place on these field trips.

Time commitment
Students are expected to spend approximately the same amount of time in Outdoor Education as in other units. Outdoor Education is delivered using a flexible delivery model where students typically do 4 hours in the first weeks then 2 hours per week with the camp making up the remaining hours required. Students then complete their Journal in the week after the camp. Students are expected to use their time off to catch up and stay on top of their assessment for other classes.

Costs
All field trips incur costs which are minimised by use of Erindale College equipment, Erindale College transport, highly skilled staff and school assistant staff wherever possible. Costs for camps vary mostly between $85 and $300 depending on the activity. The 3 day ski trip usually cost between $500 and $600.

Some non-compulsory trips may be more expensive eg, Scuba, White Water Paddling.

Prerequisites
Students who have not previously studied outdoor education may successfully undertake this course. Students with pre-existing experience will be able to extend their skills and knowledge in the Advance Trips which are run in conjunction with the normal curriculum. The key ingredients to success in this area are an enthusiastic and involved approach, a willingness to try new activities, an interest in the natural environment and adventure activities and a commitment to working effectively with others and individually.

Snorkelling
This unit introduces you to snorkelling and related activities. You will participate in a 3 day camp and learn skills required for open water snorkelling.

Caving
This unit covers horizontal caves, hazards and cave maps, and safety and care of the cave environment.

Vertical Caving
A prerequisite is the Caving unit. This will build on skills previously learnt and applied to vertical caving. Students will participate in one training day and two days of vertical caving.
Alpine Skiing
This unit covers recreational downhill skiing and participation in a 3 day excursion to the snow fields.

Mountain Bike Riding
This is an introductory unit to mountain bike riding. Students will develop mountain bike riding skills through participation in day trips to different riding location in the Canberra region.

Surfing
This is an introductory unit where students undertake a 3 day surfing excursion to the coast. Students gain knowledge of equipment and clothing, surfing skills and potential surf hazards.

Rock Climbing
This is an introductory climbing unit including belaying and top rope climbing, both indoors and outdoors.

Snowboarding
This unit covers recreational snowboarding and participation in a 3 day excursion to the snow fields.

Canoeing
This is an introductory canoeing unit including basic skills and safety procedures suitable for flat water canoeing in Canadian canoes.

4.2.6 SPORT, FITNESS AND ADMINISTRATION (A/V)
The Sport, Fitness and Administration course is designed to offer you opportunities if you wish to pursue a career in the sport, recreation and fitness industry. This is a vocational course, and it is possible to achieve a Certificate II in Sport and Recreation (SIS20313) within 3 semesters. This course will provide you with the knowledge and practical experience to gain employment in the Sport & Recreation and Fitness Industry in reception and operational capacities and/or provide a pathway to further studies in Sport & Recreation and Fitness such as a Certificate III or IV.

2015
Semester 1 Sports Industry, First Aid & Aquatics
This unit is aimed at developing knowledge of the sport and recreation industry. It includes the role of the different industry sectors and job prospects within the industry. It introduces the student to the work environment with reference to important aspects such as communication, workplace health and safety, use of information technology and computer applications. First aid components, resuscitation techniques and standards are also covered. Students learn to respond to emergencies in an aquatic environment using basic water safety techniques. Students also look at the operation and management of aquatic plant, equipment and water quality.

Semester 2 Management of Recreation Programs
This unit will assist students to plan, prepare and conduct sessions within the sport and recreation industry. It will help prepare students to work effectively with others in a team and provide an opportunity to learn how to respond to client needs.

2016
Semester 1 Sports Coaching
Students will apply coaching practices and principles in sport specific training and competition settings. They will implement basic warm-ups, stretching and cool-down programs to assist clients to prepare for participation and recovery.

Semester 2 Fitness
This unit will enable students to apply basic exercise science required for fitness instructors. It will familiarise students with equipment commonly used in the fitness industry with regards to its use and maintenance. Students will examine the process of client screening and delivery of fitness programs based on clients’ individual needs and goals.

Structured Workplace Learning
To achieve the Certificate II in Sport and Recreation, students are also required to complete two Vocational Placements, one in year 11 and one in year 12. Each “on the job” Structured Workplace Learning placement is one week in duration and enables students to gain experience in sport, fitness and recreation business environments and develop knowledge, skills and attitudes that are relevant to the industry.

Active Leisure Centre
The college has developed a strong partnership with the Active Leisure Centre in which students undertaking the Sport, Fitness and Administration course will have access to the centre’s facilities. This will assist students in completing the necessary assessment requirements of the course as well as gaining experience and a thorough understanding of the numerous functions of a fitness centre.