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. It will encourage them to evaluate and assess their performances while reflecting on their goals, aspirations and expectations, both short and long term.

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

NUTRITION AND SPORTS PSYCHOLOGY
Monitor your training and academic work, and demonstrate time management skills. You will work through the Athlete Management program within your squad as well as attending lectures on the topics of time management and sports nutrition.

UNDERSTANDING TIME MANAGEMENT AND DRUGS IN SPORT
Design and utilise a training program to achieve peak performance and demonstrate your understanding of training principles. Continue to monitor your time management, and participate in training in your chosen sport at the highest level possible. You will work through the Athlete Management program within your squad as well as attending lectures on the topics of goal setting and drugs in sport.

SPORTS INJURIES AND CAREER PLANNING
Study advanced training techniques and dietary requirements for maximum performance. You will work through the Athlete Management program within your squad as well as attending lectures on the topics of Sports Injuries and Career Planning.

TIME MANAGEMENT IN APPLICATION AND RECOVERY
Draw up a year-long program for your sport, including time and travel management plans, and scheduling events to emphasise a balanced lifestyle. You will work through the Athlete Management program within your Talented Sports Program squad as well as attending lectures on sports 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.