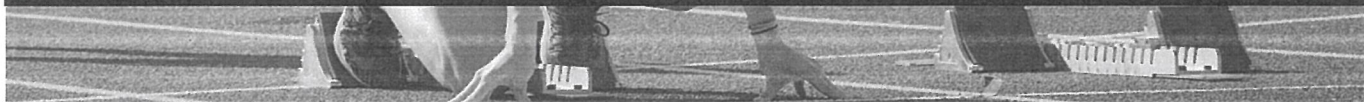


# SPORT, LIFESTYLE and RECREATION

Board Endorsed Course	<input checked="" type="checkbox"/>	Category A	<input checked="" type="checkbox"/>	HSC	<input checked="" type="checkbox"/>	1 Unit	<input checked="" type="checkbox"/>
Content Endorsed Course	<input checked="" type="checkbox"/>	Category B	<input checked="" type="checkbox"/>	ATAR	<input checked="" type="checkbox"/>	2 Unit	<input checked="" type="checkbox"/>

**Course contribution: nil**



## What is this course about?

The importance of a healthy and active lifestyle, and developing skills and knowledge to enjoy such a lifestyle. Students are encouraged to establish a lifelong commitment to being physically active.

## Who should pick this course?

Students who enjoy being active, involved in practical activities and have an interest and aptitude for a range of sport and recreational pursuits.

## Where could this course lead?

Sports coaching, personal training, child care.

## Who can I speak to about this course?

Any member of the PDHPE faculty

## Frequently Asked Questions about this course?

**Is there any theory work to be studied?** Yes, there are equal hours dedicated to theory and practical work. For example, in the Sports Coaching unit the students learn how to coach a session, and then they physically coach a class

**Can you do PDHPE and Sport, Lifestyle and Recreation Studies (SLR)?** Yes. If a student wants an ATAR they must choose the 2 Unit PDHPE subject.

**What is the difference between SLR and PDHPE?** The PDHPE course is educationally demanding and apart from theory related practical opportunities, does not provide students with the type of physical activity that they have enjoyed in Physical Education lessons in the junior school. If you enjoyed PE, and want to continue to have the opportunity to be physically active in a subject area, then SLR is for you.

**What are some of the topics studied in SLR?** Units include such topics as team and individual games, aquatics, athletics, outdoor recreation, coaching principles, sports administration, fitness studies and first aid.