

Personal Development, Health & Physical Education

BDC Category A HSC 1 Unit

CEC Category B ATAR 2 Unit

What is this course about?

Students focus on major issues related to Australia's health status, as well as study the factors that affect physical performance. Optional units include topics on Sports Medicine, Improving Performance and Fitness Choices.

Who should pick this course?

Students with an academic focus who have an interest and perhaps an aptitude in physical or health pursuits. It is a demanding course that is interesting, challenging and very rewarding.

Where could this course lead?

A career in the health, recreation or fitness industries, substantial experience in subject matter related to many university courses such as teaching, physiotherapy, dietetics and nursing.

Who can I speak to about this course?

Any member of the PD/H/PE faculty.

Course contribution: Nil

Frequently asked questions about this course.

Q: Do you get to do practical work in this subject?

A: You do but not in the same form as in junior PDHPE classes. The practical work that is undertaken is closely related to the theory topics and involves applying theoretical knowledge in a practical sense. An example would be undertaking skill activities in Basketball to identify the components of skill and stages of skill development (Core 2 in the HSC course). In 2012 HSC students went on an excursion to Balance Fitness to learn about Training Programs and Techniques from the Newcastle Knights Strength and Conditioning Manager.

Q: Who chooses the options we study?

A: The staff member and the students will collaborate on the choice of option topics.

Q: Do many students choose this subject?

A: This subject has the sixth largest number of students who sit for the HSC.

Q: How is this subject different to SLR?

A: Sport, Lifestyle and Recreation is a subject that has equal hours dedicated to theory and practical work - 2 Unit PD/H/PE is academically challenging and theory based.

Sport, Lifestyle & Recreation Studies

BDC Category A HSC 1 Unit

CEC Category B ATAR 2 Unit

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?

To the development of skills that will enhance the health and well-being of students throughout their life. This course may lead to employment opportunities in the fitness industry, sports coaching, sports administration or outdoor recreation industry.

Who can I speak to about this course?

Any member of the PDHPE faculty, careers adviser, community members employed in related industries.

Frequently asked questions about this course.

- Q:** Is there any theory work to be studied?
- A:** 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, then physically coach the class.
- Q:** Can you do PDHPE and Sport, Lifestyle and Recreation Studies (SLR)?
- A:** Yes. If a student wants an ATAR they must choose the 2 Unit PDHPE subject.
- Q:** What is the difference between SLR and PDHPE?
- A:** 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.
- Q:** What are some of the topics studied in SLR?
- A:** Units include such topics as team and individual games, aquatics, athletics, outdoor recreation, coaching principles, sports administration, fitness studies and first aid.

SIS20513 Certificate II in Sport Coaching (SIS10 release 3.1)

Statement of Attainment towards SIS20513 Certificate II in Sport Coaching (SIS10 release 3.1)

2017 STAGE 6 COURSE DESCRIPTION – SPORT COACHING

This Course is available as	2Unit x 2years/240 hours	4Unit x 1year/240 hours
<i>The volume of learning usually includes 240 indicative hours and a minimum of 70 hours of work placement. All activities that the learner is required to be engaged in to complete this course are conducted under supervision.</i>		
<i>Our RTO is committed to providing high quality training to students. Please discuss course patterns with your school.</i>		

Board Endorsed Course	Nil status for Australian Tertiary Admission Rank (ATAR)
This Board Endorsed Course includes courses which are accredited for the HSC and provides students with the opportunity to obtain nationally recognised vocational qualifications. This is known as dual accreditation.	
Course description - This course is designed for students who wish to develop knowledge and skills to commence a career and be an effective employee in the sports education and coaching industries. Students who are assessed as competent in sufficient units of competency will be eligible for a full Certificate qualification; partial completion will lead to a Statement of Attainment. Qualification pathway information is available from the Australian Apprenticeships Training Information Service :	

Course structure: The following content will be addressed as part of this Qualification. Reduced or modified patterns of delivery may target specific units of competency. <i>Please discuss units of competency with your school.</i>			
Compulsory/Core Units		Possible Elective Units	
BSBWOR202A	Organise and complete daily work activities	SISSTPT201A	Implement sports injury prevention
HLTAID003	Apply first aid	SISXCAI101A	Provide equipment for activities
SISSSCO101	Develop and update knowledge of coaching practices	ICPDMT263	Access and use the Internet
SISSSCO202	Coach beginner or novice participants to develop fundamental motor skills	SISSTPT303A	Conduct basic warm-up and cool-down programs
SISSSDE201	Communicate effectively with others in a sport environment	SISSSOF101	Develop and update officiating knowledge
SISXCAI102A	Assist in preparing and conducting sport and recreation sessions	A range of specialisation units are available in in this course including Basketball, Rugby League, Netball, Athletics and a mixture of other sports. Consult your teacher to discuss which units are included in courses at your school.	
SISXIND211	Develop and update sport, fitness and recreation industry knowledge		
SISXWHS101	Follow work health and safety policies		

Course contribution (to be made directly to school): \$20 Course contributions are made to cover the ongoing costs of consumables and materials used as part of this course. <i>If you are unable to make contributions or are experiencing financial difficulty, please contact your school.</i>	
Refunds: Students who exit the course before completion may be eligible for a partial refund of fees. The amount of the refund will be pro-rata, dependent upon the time the student has been enrolled in the course. <i>Please discuss any matters relating to refunds with your school</i>	
Course specific resources and equipment: Due to the specific nature of training and assessment in this industry area, the following specific resources and equipment are required of students undertaking this course. <i>Please discuss with your school if you are unable to, or have difficulty meeting these requirements.</i>	<ul style="list-style-type: none"> Students must complete a registered 1st Aid course as a requirement of the Certificate II SIS20513 (approximate cost is \$75 TBC)
Exclusions: VET course exclusions can be checked on the Board's website at www.boardofstudies.nsw.edu.au/voc_ed/exclusions.html .	

Assessment and course completion

Competency-based assessment

Students in this course work to develop the competencies, skills and knowledge described by each unit of competency. To be assessed as competent a student must demonstrate that they can effectively carry out tasks to industry standard. Students will be progressively assessed as 'competent' or 'not yet competent' in individual units of competency. Students may apply for Recognition of Prior Learning provided suitable evidence of competency is submitted.

Credit Transfer and Recognition of Prior Learning (RPL)

Our RTO acknowledges the experience and prior learning of our students. Students who are able to present transcripts from other Australian RTOs or who are able to present relevant experiences in work may qualify for Credit Transfer (CT) or Recognition of Prior Learning. All applications for CT or RPL should be made to the course teacher.

Mandatory Work Placement

Students undertaking this course are not required to complete work placement.

Optional HSC examination

There is no HSC Examination for this course.

Specialisation studies

There are no specialisation studies associated with this course.

N Determinations

Where a student has not met NSW Board of Studies, Teaching & Educational Standards (BOSTES) course completion criteria, (including meeting work placement requirements), they may receive an 'N' award warning (course not satisfactorily completed). Students issued with an 'N' award warning will be issued with a rectification which must be completed. Students who receive more than 2 N awards may be at risk of not completing BOSTES requirements and may not be awarded the appropriate units of credit towards their HSC. Any unit of competency achieved will be awarded as part of the VET qualification.

Appeals

Students may lodge appeals against assessment decisions or 'N' determinations through their school.

Qualification changes and updates

Due to the dynamic nature of VET, qualifications may change during the course of study. The RTO will ensure that students are fully informed of these changes and may transition students to the latest qualification during the course. The RTO will ensure that any change will be made with a minimum of disruption.

Employability skills:

There are eight Employability Skills: communication, teamwork, problem solving, initiative and enterprise, planning and organising, self-management, learning and technology. A summary of the employability skills developed through this qualification can be downloaded from <http://employabilityskills.training.com.au/>

School-based Apprenticeships and Traineeships (SBATs)

A school-based traineeship is available in this course.

To express an interest or obtain further information go to <http://www.sbatjobs.info/>

Your school SBAT Coordinator, Careers Advisor, VET Coordinator or VET Teacher is available to discuss apprenticeship and traineeships as part of your HSC.

By enrolling in a VET qualification in NSW Public Schools Tamworth RTO 90162, you are choosing to participate in a program of study that will give you the best possible direction towards a nationally recognised qualification. You will be expected to complete assessments relevant to the qualification and adhere to the requirements of the NSW Board of Studies, Teaching and Educational Standards.

Dance

BDC

Category A

HSC

1 Unit

CEC

Category B

ATAR

2 Unit

What is this course about?

The focus is Dance as an art form. The course is broken down into three core areas: performance, composition and appreciation. Students will develop their understanding and skills in the area of dance technique with a strong focus on safe dance principles and body mechanics; they will also learn the theories, principles and practices of dance composition that communicates intent. Thirdly, students will learn to appreciate dance as an art form through analysing and interpreting professional works by seminal artists.

Who should pick this course?

Students with an academic and/or creative focus who have an experience and interest in dance. It is a demanding course that is interesting, challenging and very rewarding.

Where could this course lead?

After the completion of Dance in Stage 6, students are able to continue their study of dance. Dance in tertiary institutions in Australia has grown considerably over the past decade. There are a number of undergraduate courses and graduate courses that offer further studies in dance.

This course will also provide valuable skills for students wishing to move forward into various areas such as: the arts industry (musical theatre, stage management, Bachelor of Arts), sports science industries and teaching.

Who can I speak to about this course?

Mrs Gambrill (PDHPE Faculty).

Course contribution: \$20

Frequently asked questions about this course.

Q: Is there a theoretical component to the course?

A: The course is both largely theoretical and practical and students will be examined on both these requirements in the HSC. The theoretical work involves applying theoretical knowledge in a practical sense. An example is applying the safe dance principle of alignment in their core performance.

Q: Who chooses their major study option?

A: The staff member and the student will collaborate on the choice of major study. Students will have the option to choose different major studies within the class group.

Q: Do I need to be a good dancer?

A: A large component of the course requires practical dance skills. In saying that, a lot of the skills required will be taught throughout the course. With the option of choosing your Major Study, students are able to select the area they are most comfortable/experienced in. Therefore a wealth of dance experience is desirable but not a compulsory requirement.

Q: What does the Major Study involve?

A: The student can select from the following options:

- i) Major Performance (Dance Technique – perform a dance taught by a teacher).
- ii) Major Composition (Choreography – student choreographs their own work to teach to another student to perform).
- iii) Major Appreciation (Analysis of professional works and the study of seminal artists.)