



NEWSTEAD COLLEGE HEALTH & PHYSICAL EDUCATION



2017
SUBJECT OFFERINGS



Athlete Development – AFL 2

ATH215113

TCE Points	15 credit points
Level	2
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	NO
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	NO
HIGHLY RECOMMENDED	MUST be playing for a club in 2017, and possess a desire to improve skills and fitness C standard in English/Science (D by negotiation)
SUGGESTED FOUNDATION SUBJECT YR 11	Can be studied in Year 11 or 12. Is a good foundation subject for Sport Science 3
EXTRA CURRICULA OPPORTUNITIES	3 Game series vs Elizabeth College, Melbourne trip

SUBJECT DESCRIPTION

Athlete Development AFL focuses on sports specific learning. The course prepares students with the necessary critical elements, emphasising technical development, physical preparation and sports specific knowledge.

- **This course provides AFL players (boys AND girls) the opportunity to do an extra skills/fitness session a week, as well as learning about theoretical sport science based knowledge of training and psychological preparation.**



Past Students Said:

“The ADP class was a tight group of people and there was never a dull moment.”

“I have used the i-Pad to video and improve my kicking technique!”

Athlete Development 2 (Fitness & Recovery)

ATH215113

TCE Points	15 credit points
Level	2
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	NO
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	NO
HIGHLY RECOMMENDED	MUST be playing in a recognised sporting competition in 2017, and possess a desire to improve fitness C standard in English/ Science (D by negotiation)
SUGGESTED FOUNDATION SUBJECT YR 11	Can be studied in Year 11 or 12. Is a good foundation subject for Sport Science 3
EXTRA CURRICULA OPPORTUNITIES	Melbourne Trip

SUBJECT DESCRIPTION

Athlete Development 2 focuses on sports specific learning. The course prepares students with the necessary critical elements, emphasising technical development, physical preparation and sports specific knowledge. This course will:

- **Provide students involved in a recognised sporting competition the opportunity to do an extra training/recovery session each week and to work on specific areas of skill development.**
- **Allow students to learn about basic physical, psychological and social factors that influence sporting performance. As well as basic sports nutrition, reduction and management of injuries and goal setting.**

Past Students Said:

“Using technology to analyse my performance has really helped me improve”

“It was great to experience different types of training sessions”



Community Access IX

CAC110112

TCE Points	10 credit points
Level	I
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	NO
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	NO
HIGHLY RECOMMENDED	Good attitude and work ethic
EXTRA CURRICULA OPPORTUNITIES	Students can potentially gain employment and personal pathway opportunities through various organisation visits.

SUBJECT DESCRIPTION

The aim of this course is to develop skills and knowledge about services and organisations within the local community.

You will:

- **Learn about the community and how to get around.**
- **Undertake weekly visits to organisations and places within the community.**
- **Develop communication skills for appropriate community interactions.**
- **Develop social skills needed to function successfully and safely within the community.**
- **Develop skills to live independently within the community.**
- **Receive lots of staff help**

Past Students Said:

“Accessing the community has given me a broader outlook on my options for employment”

“I really enjoyed the variety of locations that were visited and the questions and answer sessions which improved my knowledge about the broader community!”

Outdoor Education 2 (Adventure Rec)

EXP215113

TCE Points	15 credit points
Level	2
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	NO
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	NO
HIGHLY RECOMMENDED	-previous camping experience -good ICT and writing skills -good physical fitness -interest in adventure activities

SUGGESTED FOUNDATION SUBJECT YR 11 Physical Recreation and Outdoor Experiences

EXTRA CURRICULA OPPORTUNITIES Expeditions each term, School competitions like mountain biking, surfing, orienteering, cross country running, triathlon, cataract challenge and canoe polo.

SUBJECT DESCRIPTION

The aim of the course is to develop personal and interpersonal skills and foster positive relationships with the natural environment. You will:

- Experience 'out of comfort zone' activities
- Learn and develops skills to self-manage in the great outdoors
- Develop skills in a range of activities like kayaking, mountain biking and climbing
- Investigate how the natural environment is cared for and managed
- Develop communication skills by reflecting on experiences and working with others

Past Students Said:

"Best camp ever!"

"Now I have got the skills and knowledge to rock climb I am keen to take up the sport"

"I am so keen to travel now that I have the skills and knowledge to prepare and be safe for challenging situations"



Outdoor Leadership 3

EXP315113

TCE Points	15 credit points
Level	3
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	YES
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	NO
HIGHLY RECOMMENDED	Strong communication skills Good time management skills Ability to write fluently
SUGGESTED FOUNDATION SUBJECT YR 11	Outdoor Education 2 to gain the practical skills
EXTRA CURRICULA OPPORTUNITIES	Negotiated Project – The opportunity opportunity to lead an activity in the outdoors

SUBJECT DESCRIPTION

Outdoor Leadership encourages students to develop an understanding of self, to develop a positive relationship with others and the natural environment, and use effective leadership techniques. Another of its primary aims is to foster an awareness of the natural environment and build responsibility for its care and conservation. These understandings empower students to contribute towards achieving an ecologically sustainable world.



Past Students Said:

"I became more confident communicating with others"

"Leading a group has given me the skills to approach my chosen career pathway with more enthusiasm and confidence"

Physical Recreation/Outdoor Experiences

RECI10113 / OXPI05113

TCE Points

Level

Demonstrates TCE literacy standard

Demonstrates TCE numeracy standard

Demonstrates TCE ICT standard

EXTERNAL EXAM

EXTERNAL FOLIO

AVAILABLE THROUGH FLEXIBLE DELIVERY

HIGHLY RECOMMENDED

10 (Phys Recreation) + 5 (Outdoor Experiences) credit points

I

NO

NO

NO

NO

NO

NO

-physical fitness/coordination

-good ICT and writing skills

-broad knowledge and interest in Sport

SUGGESTED FOUNDATION SUBJECT YR 10

Physical Education, Club sport

EXTRA CURRICULA OPPORTUNITIES

School competitions like mountain biking, netball, surfing, orienteering, cross country running, triathlon, futsal, basketball and AFL.

SUBJECT DESCRIPTION

The aim of the course is to develop personal understandings of sport, fitness and recreation and how it affects your personal life and the wider community, now and into the future. You will:

- Experience 'out of comfort zone' activities
- Undertake a range of activities and sports focusing on;
- Individual sports, team sports, leisure activities and fitness/health activities
- Develop skills, tactics and rule knowledge across a wide range of sports
- Understand how to foster positive relationships with others and also with the natural environment.



Past Students Said:

"I can see my fitness levels increasing and I feel like I can do so much more"

"Where can I find out more info on how to take up the sport we just played?"

"This class really helps to keep me active take my mind of my level 3 commitments for a short while"

Sport Science 3

SPT315113

TCE Points	15 credit points
Level	3
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	YES
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	YES

HIGHLY RECOMMENDED

No previous experience required but an interest in sport would be beneficial. A/B standard in Maths/English/Science (C by negotiation)

SUGGESTED FOUNDATION SUBJECT YR 11

Can be studied in 11 or 12 but Sport Science 2 and Athlete Development 2 are both excellent foundation subjects for Sport Science 3

EXTRA CURRICULA OPPORTUNITIES

Melbourne Trip
VO2 Max Testing at UTAS

SUBJECT DESCRIPTION

Sport Science encompasses the physiological, psychological and skill acquisition components when planning and analysing human performance. This theoretical course has been designed to allow students to develop their skills, knowledge and understanding of issues related to high level athletes training and performance.

Through studying this course, students will develop knowledge and skills that enable them to:

- understand the theory of exercise physiology, skill acquisition, and sport psychology.
- develop analytical and interpretive skills to solve problems and process data presented to them or collected during research.
- undertake scientific research activities and understand ethical issues related to human research studies.



Past Students Said:

“Stay focused, work hard and ask questions until you get it.”

“Don't be afraid to ask questions. The teacher is there to help so use the tutorial times.”

Sport Science Foundation 2

SPT215113

TCE Points	15 credit points
Level	2
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	NO
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	YES
HIGHLY RECOMMENDED	C standard in English/Science (D by negotiation)
SUGGESTED FOUNDATION SUBJECT YR 11	N/A but can be studied in Year 11 or 12.
EXTRA CURRICULA OPPORTUNITIES	Melbourne Trip VO2 Max Testing at UTAS

SUBJECT DESCRIPTION

The aim of the course is to provide students with an introduction to the components of fitness, body systems and the science of physical performance. This course will:

- **Provide opportunities to apply theory in a practical context.**
- **Encourage and support involvement in sport in a variety of different roles.**
- **Develop research skills.**
- **Provide opportunities to develop understanding of topical issues in sport.**
- **Provide a pathway to Sport Science 3 and relevant experience for students wishing to undertake traineeships in sport related fields.**

Past Students Said:

"I finally understand why my body acts the way it does during exercise"

"I was able to apply what I was being taught in a practical manner which really helped me to understand the theory"



Sports Management 3 - UTAS

BMA114 (UTAS code)

TCE Points	15 credit points
Level	3
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	NO
EXTERNAL FOLIO	YES
AVAILABLE THROUGH FLEXIBLE DELIVERY	NO
HIGHLY RECOMMENDED	A/B standard in English Strong interest in sport and the business side of sport. Independent research skills
SUGGESTED FOUNDATION SUBJECT YR 11	Can be studied in Year 11 or 12. Sport Science 2/3, Business Studies
EXTRA CURRICULA OPPORTUNITIES	Melbourne trip

SUBJECT DESCRIPTION

Sports Management 3 is part of the UTAS College Program and counts towards 25% course credit on any course studied at UTAS. It aligns with the Introduction to Sports Management subject offered through the Business Degree at UTAS.

- **Students look at several aspects of the Business/Management side of sport. From Player Agency, to Sports Admin and OH&S, and Neuro-Marketing and Sports Tourism, Sports Management 3 is a demanding but rewarding course only offered at Newstead College and Don College.**



Past Students Said:

The work is hard but it has prepared me for the demands of university”

“Some lessons we just talked about issues in sport, and these discussions really helped me with my end of year assignments”

“The Melbourne trip is amazing!”

Personal Health & Wellbeing 2

PER215113

TCE Points	15 credit points
Level	2
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	NO
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	YES
HIGHLY RECOMMENDED	C standard -independent reading -computer literacy -interest in personal health
SUGGESTED FOUNDATION SUBJECT YR 11	NA
EXTRA CURRICULA OPPORTUNITIES	Participation in College Teams

SUBJECT DESCRIPTION

This course offers students an opportunity to manage their personal health. Students will be encouraged to develop healthy lifestyles and to become actively involved in shaping the influences that determine their health and wellbeing. Students will develop a set of personal and interpersonal skills which underpin health behaviours.

- The course includes core and elective areas of learning and is part of the health and wellbeing suite of courses.

Past Students Said:

“An excellent lead into Health Studies”

“I changed a lot of my bad habits after completing this course. I have gained an excellent understanding of life long health!”



Health Studies 3

HLT315113

TCE Points	15 credit points
Level	3
Demonstrates TCE literacy standard	NO
Demonstrates TCE numeracy standard	NO
Demonstrates TCE ICT standard	NO
EXTERNAL EXAM	YES
EXTERNAL FOLIO	NO
AVAILABLE THROUGH FLEXIBLE DELIVERY	YES
HIGHLY RECOMMENDED	A or B literacy and numeracy standard (C by negotiation) -ability to write fluently
SUGGESTED FOUNDATION SUBJECT YR 11	Personal Health and Wellbeing 2

SUBJECT DESCRIPTION

Through the study of health, students will learn about and investigate health in the context of personal health, Australian health and global health. This approach is a continuum of learning where students will develop the knowledge, skills and understanding enabling a global perspective of health. You will:

- investigate personal health issues
- study the Australian health care system
- investigate Australia's national health priority areas
- develop an understanding of global health

medicare

Past Students Said:

“Very relevant to first year nursing at UTAS”

“Interesting and informative and I enjoyed every aspect of the course!”