



Health, PE and Sport Electives



- Sport and Recreation
 - Develop skills and confidence in coaching others
 - Personal skill development in key sports
 - Foster health through being physically active
- Sport Science / How the Mind and Body Tick
 - Develop knowledge of anatomy and physiology
 - Analyse movement to push towards peak performance
 - Explore energy systems and how to get the most from our body

Sport and Rec

- Emphasis upon developing and refining skills, tactical knowledge and conditioning for students specific sport
- Opportunities to practice group coaching
- Extensive active time
- 3 practical classes per week
- Strong pathway link to Sport and Rec TAFE course
- Further develop practical skills and tactical knowledge in various sporting activities.
- Expand students understanding sporting activities through coaching and adjudicating various sports with the potential of gaining qualifications in this area.
- Strength and conditioning specific to their sport of choice by completing a training dairy reflecting on different training principles.



► Sport Science

- **Semester 1 – Sport Science.**
- Emphasis on the theory behind peak physical fitness
- Apply a science lens to sport, movement patterns and the psychology of athletes
- Explore the biomechanics of our bodies and how to perform most efficient movement patterns
- 2 theory classes and 1 practical per week
- Strong link to VCE PE, Biology and Physics

► How the Mind and Body tick

- **Semester 2 – How The Mind and Body Tick**
- Learning areas include: Mental health, behaviour and emotions, brain function and memory
- Explore the role of the brain in both a sporting context but also in every day activities.
- Strong link to VCE Health, Psychology and VET health
- Possible careers include: Nurse, Medical Professional, Dietitian, Psychologist, Science, Counsellor

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