

# Sport, Lifestyle & Recreation

This course enables students to develop knowledge, skills and understanding of the role of sport, a healthy lifestyle and recreation in everyday life. This course would be of particular value to students who would like to further their interest in pursuing the expanding labour market opportunities in the fields of health, sport, recreation and fitness.

## Topics Studied Include...

- Fitness
- Healthy Lifestyle
- Resistance Training
- Sports Administration
- Sports Coaching and Training
- Games and Sports Applications
- First Aid & Sports Injuries
- Outdoor Recreation
- Aquatics



For information on subject-specific costs scan the QR code to visit [newman.nsw.edu.au/fees-explained](http://newman.nsw.edu.au/fees-explained)



To find out more scan the QR code to visit [newmancollege.live/courses/slr](http://newmancollege.live/courses/slr)

*Students will be given the choice of studying one of two options of Sport, Lifestyle and Recreation.*

### OPTION 1 - Sport Lifestyle & Recreation (General)

Option 1 aims to improve students' physical and mental health, this course will open students' eyes to a wide range of recreational opportunities, both on and off campus. Students will study a variety of topics relating to health and fitness and be given practical opportunities to increase their understanding and knowledge in these areas. A passion for sport and recreation is essential.

### OPTION 2 - Sport Lifestyle & Recreation (Rugby League)

Option 2 will allow students to study similar modules to Option 1 with a specific focus on rugby league. In this option the modules are studied through the game of rugby league covering everything from the administration, planning and officiating to playing, training and coaching of the game. Students studying this option will also have the opportunity to gain a Level One Coaching Certificate, League Safe Qualification and Referee's Certificate. It is suggested that students choosing this option intend to represent the College in rugby league.

## COURSE OUTLINE

- Promote an understanding of the requirements for healthy living
- Identify how sport influences in society
- Understanding of student's own physical and sporting potential
- Practical skills and training for various sports
- Students choosing this subject will need to show evidence of participation and interest in sport when they attend the interview.

## ASSESSMENT

Please note, students in this HSC Content Endorsed Course will NOT be required to sit a HSC exam. This course is assessed by the College and the result will appear on his/her Higher School Certificate.

## FURTHER STUDY

Certificate III in Fitness, Certificate II Sport & Recreation, Certificate III Sport & Recreation (General Administration) or (Events & Facilities) SR003

## CAREER PATHWAYS

Personal Trainer, Gym Instructor, Sport and Recreation Centre Retail or Administration Assistant, Sports Administrator, Sports Coach, Sports Commentator, Sports Development Manager, Sports Development Officer.

## PERSONAL REQUIREMENTS

- A genuine interest in sport, health & fitness
- Good communication & interpersonal skills
- Students will be required to bring a change of clothes and shoes for practical lessons.

## Sport Lifestyle & Recreation (General) Sport Lifestyle & Recreation (Rugby League)

<b>Course Hours</b>	240 hours
<b>Course Type</b>	Content Endorsed
<b>Duration</b>	2 years
<b>Unit Value</b>	2 unit Preliminary & 2 unit HSC

