

# Recreational Physical Education

---

*Do you want to develop the skills involved in evaluating physical activities?*

*Do you want to explore fitness programs?*

Recreational Physical Education focuses on the role of sport and recreation in the lives of individuals and communities. It is a subject that provides students with the opportunities to learn about sport and active recreation activities.

Students examine the effects of sport and recreation on individuals and communities, investigate the role of sport and recreation in maintaining good health, evaluate strategies to promote health and safety, and investigate personal and interpersonal skills to achieve goals.

Students are involved in acquiring, applying and evaluating information about and in physical activities and performances, planning and organising activities, investigating solutions to individual and community challenges and using suitable technologies where relevant.

Students establish a basis for further education and employment through a career pathway in the fields of fitness, personal training, outdoor recreation and education, sports administration, community health and recreation and sport performance.

The focus of this program is to provide students the opportunity to develop their skills and knowledge in sport and career pathway opportunities including:

- Health benefits of physical activity
- Fundamental movement skills
- Sport and Recreational planning management
- Career pathway opportunities
- Event planning portfolio
- Coaching

## **Assessment**

Practical

Theory

## **Subject Length**

1 semester

## **Additional Information**

N/A