

# Recreational Physical Education

---

*Do you want to learn how to coach or develop training programs?*

*Do you want to learn how to design effective plans for improving fitness?*

Recreational Physical Education focuses on the role of recreational activities in the lives of individuals and communities. Recreation activities are a part of Australian life and represent growth in society. Activities can encompass aspects such as social and competitive sport, fitness programs and outdoor pursuits.

Students investigate the role of recreational activities in maintaining good health, evaluate strategies to promote health and safety, and investigate personal and interpersonal skills to achieve goals.

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

Students can 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.

## **Assessment**

Practical  
Theory

## **Subject Length**

1 semester

## **Additional Information**

N/A