

SPORT, LIFESTYLE AND RECREATION STUDIES



Description

Students will learn about the importance of a healthy lifestyle and recognise the need to be active, responsible and informed decision-makers. This course encourages students to continue to develop their knowledge, skills, understanding and practical participation in sport, a healthy lifestyle and recreation in everyday life.

Students may study from a range of modules including:

- Sports Coaching and Training
- Healthy Lifestyle
- Fitness
- Resistance Training
- A wide range of individual and team sports



Assessment

A variety of assessment types are included in this course. These include practical and theory based assessment. Students will be required to present warm-up activities, skill drills and coaching sessions.



Additional Information

This course is for students who enjoy active participation in all forms of physical activity. The course requires students to be prepared for practical participation three times per week. One lesson per week is devoted to the theory aspects of the course and is a mandatory component of the course. Students wishing to pursue careers in health, leisure, recreation, sport, coaching and fitness are suited to this course.



Costs

Excursion costs are additional.