

SPORTS SCIENCE & DEVELOPMENT

COURSE OUTLINE

Introduction: This course is designed to increase the individuals' understanding of the requirements of performing to a high level in sport. It will also provide opportunity for **personal development** through coaching and leadership opportunities. The Sports Science course will provide specialised qualifications and experience for those interested in employment in the health and fitness industry.

Contents: The course is divided primarily into 3 sections. A large proportion of the course is devoted to learning how to coach and communicate. Another significant proportion is used for developing sports skills and personal fitness components.

Skills: At the end of the course students should be expected to have:

- A personal philosophy on sport and exercise in their lives.
- An ability to assess fitness components and judge results.
- A physiological understanding of the coaching/learning process.
- A basic understanding of exercise physiology
- An understanding of injury prevention/treatment.
- An understanding of the role of the coach
- An awareness of sports nutrition.
- An insight into mental training through sports psychology.
- An understanding of motor skill learning
- An understanding of movement analysis
- Developed personal leadership, coaching and practical skills.
- Have an improved understanding of the practical factors involved in training for sport and demonstrate improved personal physical condition

CBHS ASSESSMENT POLICY AND PROCEDURES

The Physical Education Department will operate the following policies in 2009.

Attendance

1. Formal assessment activities take precedence over all other activities including non-urgent appointments (e.g. medical, dental, physiotherapy, driving tests etc.)
2. Permission to be absent from an assessment can only be given by the Headmaster or Dean. This must be arranged well in advance of the assessment activity.
3. If a student is unavoidably absent from an assessment due to illness or injury the parent/guardian must ring the school on the morning of the absence and a medical certificate must be provided to the Dean immediately on the returning to school.
4. If a student is unavoidably absent from an assessment due to personal reasons he must provide a letter of explanation for the consideration of the appropriate Dean immediately on the returning to school.

Authenticity

Assessment work completed must be your own work. You and your caregivers will be expected to sign authenticity declarations and, where appropriate, submit working drafts. Where evidence indicates work presented is not your own work the school policy will be followed.

Cheating

Any student found cheating will be given no credit for that assessment.

If a piece of assignment work is found to be not authentic the student will be given no credit for that assessment.

There will be no reassessment opportunity provided if a student is found to be cheating.

A formal record of cheating will be placed on the student's file.

Appeals

Appeals of grades awarded are to be made within 2 school days of the return of assessed work.

Where a grade is appealed, school policy will be followed.

It is the student's responsibility to collect assessed work if he was absent on the day it was returned to class. He must do this on the day he returns to class.

Work written in pencil or with 'whiteout' correction will not be subject to appeal.

Late Work

1. Assignments not handed in by the due date will be given no credit
2. If a student is absent on the due date he should arrange to have the assignment delivered to school or should post the assignment to the school on that day.
3. A student may be given, in writing, a time extension provided the following pre-conditions are met:
 - The student has discussed the situation with the HOD before the due date

- The student has submitted all partially completed work for perusal at the time of discussion
Factors, which may be taken into consideration in granting a time extension:
- Absence from school due to illness prior to the due date
- Absence from school as approved by the Headmaster
- If a student is unable to meet a due date because of exceptional circumstances (e.g. family bereavement), the HOD teacher will arrange a special extension of time.

Reassessment Opportunities

When a student is legitimately absent from an assessment he will be given another opportunity where practical. In certain circumstances he may be given an assessed grade if clear evidence is available from formative assessments. If neither of these methods is possible there can be no assessment for the Unit Standard.

Verifying Grades

You will be required to verify the grades that you have been awarded by signing the result slip attached to each piece of internally assessed work.

Compassionate Considerations:

Internal Achievement Standards - Compassionate consideration for a student who is absent from an internal assessment may be made if there is sufficient evidence available from other work related to the same skill/content and no other assessment opportunity is available. He should apply to NZQA, through the school, for compassionate consideration.

Retention of Student work

Your internal assessment material will be retained by the Department until it is no longer required for moderation purposes.

STUDENT OBLIGATIONS

- 1 Ensure you understand the assessment programme and policy
- 2 Check thoroughly the accuracy of the assessment by teachers when work is returned
- 3 Ensure you understand the requirements of each assessment being completed.
- 4 Discuss problems/concerns with the Teacher/HOD.

SPORTS STUDIES COURSE WORK REQUIREMENTS 2009

To satisfactorily complete the course of study in the subject must:

- * follow the course for the full year.
- * not be absent without reasonable excuse.
- * fulfil all homework/assignments/lab/task sheet/tests.

SIGNPOSTING

Students not completing any assessment work will be required to complete a Non-completion of Assessment form. Any student not meeting the course requirements will be SIGNPOSTED. SIGNPOSTING means keeping the student and parents informed as to progress. This will be in the form of a phone call home and will be ongoing throughout the year. However, there will be formal parent interviews during the year.

ATTENDANCE

- * checked each period
- * after 3 unexplained absences the Dean will be informed and action will be taken

TIMEKEEPING

- * Students are expected to be present 5 minutes after the bell
- * detentions will be issued for lateness

UNIFORM

- * students are expected to present themselves in a neat and tidy manner at all times

PRACTICAL WORK

Appropriate clothing and footwear must be worn at all times. This includes:

- * sports shoes and socks
- * sports top and shorts

After 3 infringements students will be referred and a phone call home will be made. Students may not participate unless fully prepared. Clothing displaying alcohol or tobacco advertisements or distasteful jargon is not permissible.

COURSE CONTENT Year 13 CBHS Sports Science Programme

TERM 1	
<p>INJURY MANAGEMENT – “Injury management in physical activity” (Unit Standard 12546)</p> <p>PHYSICAL EDUCATION Apply knowledge and skills in an individual sport (Unit Standard 12534)</p>	<ul style="list-style-type: none"> • To identify and explain factors involved in the prevention and management of injuries that may be incurred while participating in physical activity • To develop physical skills associated with a chosen individual sport • Apply strategies in the chosen individual sport • Explore methods used to improve performance in the chosen individual sport • Demonstrate skills of officiating in the individual sport.
TERM 2	
<p>COACHING – “Plan a beginner level coaching session” (Unit Standard 22771)</p> <p>COACHING – “Conduct and review a beginner level coaching session” (Unit Standard 22768)</p>	<ul style="list-style-type: none"> • To explain and prioritise the objectives of a beginner level coaching session • Select activities to achieve session objectives • Prepare self, materials and equipment for coaching session. • Conduct session according to session plan and review session against plan
TERM 3	
<p>PHYSICAL EDUCATION Apply knowledge and skills in a team sport (Unit Standard 12555)</p>	<ul style="list-style-type: none"> • To develop physical skills associated with the chosen team sport • Plan and apply a fitness training programme for the chosen team sport • Demonstrate game playing ability in a competitive situation and review the personal participation experience.
TERM 3 & 4	
<p>PHYSICAL EDUCATION Plan, implement and review a physical activity event (Unit Standard 12536)</p> <p>PHYSICAL EDUCATION Demonstrate knowledge and skills in an outdoor pursuit activity (Unit Standard 13353)</p>	<ul style="list-style-type: none"> • Selected students will be working with the City Care Fire Fighters programme which involves designing an exercise programme to attain a specific client goal. • 1 class will be involved in running the Year 11 Volleyball Tournament while the other class will run the Touch Tournament. • Students will participate in the Outdoor Pursuit of Surfing which will focus on specific skill development in this outdoor activity. • Of particular focus will be the following areas; environmental education, specific skill development & safe practices associated with surfing.

ASSESSMENT: TOTAL Credits

INTERNAL - Year 13 Sports Studies is 100% internally assessed (there is NO external exam)

INJURY MANAGEMENT – “Injury management in physical activity” (Unit Standard 12546)	<ul style="list-style-type: none"> • This unit is a prerequisite for unit 22768 and must be completed. • Written test • Written assignment • Workbook tasks 	3 Credits Level 2 (Version 4)
COACHING – “Plan a beginner level coaching session” (Unit Standard 22771)	<ul style="list-style-type: none"> • Complete all workbook based tasks • Complete 2 coaching session plans 	4 Credits Level 3 (Version 1)
COACHING – “Conduct and review a beginner level coaching session” (Unit Standard 22768)	<ul style="list-style-type: none"> • Complete activity session plans • Be involved in running x 2 beginner level coaching sessions which is based on the above session plans • Complete x 1 post session evaluation report • Complete all workbook based tasks • Completed Unit Standard 12546 	6 Credits Level 3 (Version 1)
PHYSICAL EDUCATION “Apply knowledge and skills in an individual sport” (Unit Standard 12534)	<ul style="list-style-type: none"> • To develop physical skills associated with Lawn Bowls • Improve performance via coaching and practice at the Fendalton Bowls Club • Demonstrate skills of officiating in a competitive tournament • Participate in a Bowls tournament 	4 Credits Level 3 (Version 3)
PHYSICAL EDUCATION “Apply knowledge and skills in a team sport” (Unit Standard 12555)	<ul style="list-style-type: none"> • To develop physical skills associated with Speed Ball • Improve performance via coaching and practice at CBHS • Demonstrate skills of officiating in a competitive tournament • Participate in a Speed Ball tournament 	5 Credits Level 3 (Version 3)
PHYSICAL EDUCATION Plan, implement and review a physical activity event	<ul style="list-style-type: none"> • One class will be involved in running the Year 11 Volleyball Tournament & the other class the Touch tournament. • The event is part of the Year 11 Physical Education programme • Successful organisation within the 	4 Credits Level 3 (Version 3)

(Unit Standard 12536)	context of this unit standard means planning and implementing an event, which meets the requirements of the event and where the tasks are carried out with enthusiasm, there is a spirit of cooperation, and integrity in oneself and others is not compromised.	
PHYSICAL EDUCATION Demonstrate knowledge and skills in an outdoor pursuit activity (Unit Standard 13353)	<ul style="list-style-type: none"> • Students will participate in the Outdoor Pursuit of Surfing which will focus on specific skill development in this outdoor activity. • Of particular focus will be the following areas; environmental education, specific skill development & safe practices associated with surfing. 	3 Credits Level 3 (Version 3)

Credit Value?

The above credits can be used towards University Entrance, or towards pre-requisite credits required in other courses. For UE 14 credits are required from 2 domains other than the compulsory ones. You can use any of the above credits to count towards the 14 that you need in the final two domains.

COACHING OPPORTUNITIES

Sports Science has a strong emphasis on coaching and personal development. As a member of this class you will be given the opportunity to become involved with a sports team here at CBHS. If selected you will work with a team either over the summer sports season or the winter sports season or possibly both. Your role will most likely be as an assistant coach working with an adult coach. You will be assessed throughout the season and be given a formal report/critique on school letterhead and signed by the headmaster. This could be a very useful document for you for gaining entry to courses after school. It will also help you to develop many personal skills and gain experience that would otherwise be difficult to get.

COMPETITION OPPORTUNITIES

To emphasize the value of physical fitness as a vital lifestyle element and to develop the notion of fitness goal setting, a series of competitions will be held throughout the year both in-class and possibly outside events. Students who are

already involved in their own sports events and competitions may also use these as part of their 'steps to success' programme. Assistance with training and physical development will be provided where possible.