



Holsworthy
High School

PDHPE/Music and
Languages Faculty

PASS

Physical Activity and Sports Studies



Aim of PASS

Physical Activity and Sports Studies represents a broad view of physical activity and the many possible contexts in which individuals can build activity into their lifestyle. It incorporates a wide range of lifelong physical activities, including recreational, leisure and adventure pursuits, competitive and non-competitive games individual and group physical fitness activities, and the use of physical activity for therapy and remediation.

This syllabus promotes the concept of learning through movement. Many aspects of the course can be explored through participation in selected movement applications in which students experience, examine, analyse and apply new understanding. Students are encouraged to specialise and study areas in depth, to work towards a particular performance goal, pursue a formal qualification or examine an issue of interest related to the physical, emotional, social, cultural or scientific dimensions of physical activity and sport.

Physical Activity and Sports Studies also

promotes learning about movement and provides students with opportunities to develop their movement skills, analyse movement performance and assist the performance of others.

The Use of Technology

Our units of work aim to incorporate **ICT** skills for a variety of purposes which includes :

- Electronic research methods to access, collect and interpret information
- The use of databases to collect and interpret performance results and participation trends
- The use of video and profiling equipment to evaluate movement and performance
- The use of software to analyse physical fitness levels, design training regimes and plan and conduct sporting events and competitions
- The use of ICT to enhance performance.

Students have the opportunity to participate in and organise:

- Gala Days
- Knockout Sport

- Carnivals
- Representative Sport

Students are offered a variety of opportunities in the PASS course to allow for a greater depth of knowledge and understanding in the units covered including:

- **Lifesaving and Resuscitation**
- **Outdoor Education Camp**
- **Event Management at Gala Days and Carnivals**
- **Wheelchair Basketball incursion**
- **Guest presentations/workshops**
- **Specialised Physical Performance Training**

PASS is a valuable stepping stone for future senior courses including:

- PDHPE
- Sport, Lifestyle and Recreation
- Dance
- Biology
- Senior Science
- Sports Coaching
- Community and Family Studies

Overview

PASS allows for experiences in physical activities and sport movement applications. Students have the opportunity both physically and mentally to apply themselves to a variety of learning experiences.

Students are required to wear the HHS sports uniform for their practical lessons. This is also worn when representing the school in outside activities and competitions.

“The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.”

Howard Cosell

Areas of Study	Foundations of Physical Activity	Physical Activity and Sport in Society	Enhancing Participation and Performance
M O D U L E S	<ul style="list-style-type: none"> • Body systems and energy for physical activity • Physical activity for health • Physical fitness • Fundamentals of movement skill development • Nutrition and physical activity • Participating with safety 	<ul style="list-style-type: none"> • Australia's sporting identity • Lifestyle, leisure and recreation • Physical activity and sport for specific groups • Opportunities and pathways in physical activity and sport • Issues in physical activity and sport 	<ul style="list-style-type: none"> • Promoting active lifestyles • Coaching • Enhancing performance – strategies and techniques • Technology, participation and performance • Event management

PDHPE FACULTY

Mr J. Papac - Head Teacher

Mr P. Aroney

Ms A. Hill

Mr A. Di Martino

Ms E. Stoppino

Ms K. Kunovski

Ms S. Goovan