

Exclusions: Nil

Course 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 and understanding of the role of sport, a healthy lifestyle and recreation in everyday life.

The course aims to:

- develop in students an awareness of social and community values in the areas of sport, lifestyle and recreation;
- promote an understanding of the requirements for healthy living;
- develop a deeper understanding of the interaction between society, sport, recreation and fitness;
- identify how sport influences and affects various groups and sections of our society;
- provide students with a greater understanding of their physical and sporting potential.

Main Topics Covered:

Modules in SLR include:

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| 1. Aquatics | 8. Gymnastics |
| 2. Athletics | 9. Healthy Lifestyle |
| 3. Dance | 10. Individual Games and Sports Applications |
| 4. First Aid and Sports Injuries | 11. Outdoor Recreation |
| 5. Fitness | 12. Resistance Training |
| 6. Games and Sports Applications I | 13. Social Perspectives of Games and Sports |
| 7. Games and Sports Applications II | 14. Sports Administration |
| | 15. Sports Coaching and Training |

Personal Development Health and Physical Education can be studied alongside Sport, Lifestyle and Recreation.

Component	Weighting (%)
Knowledge and Understanding	50
Skills	50