

PASS (Physical Activity and Sports Studies)

What is this subject about?

Physical Activity and Sports Studies (PASS) aims to enhance students' participation in physical activity and sport, for improved quality of life for themselves and others.

The course includes modules selected from each of the following three areas of study:

Foundations of physical activity:

- 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

Physical activity and sport in society

- Issues in physical activity and sport
- Opportunities and pathways in physical activity in sport
- Lifestyle, leisure and recreation
- Physical activity and sport for specific groups
- Australia's sporting identity

Enhancing participation and performance

- Promoting active lifestyles
- Coaching
- Enhancing performance strategies and techniques
- Technology, participation and performance
- Event management

Why study this subject?

Students who enjoy participating and organising both sporting events and teams will find areas of interest in this course. Here are some student views of the subject:

"PASS is a great subject for those who are keen and interested in sport and active lifestyles and is a great way to go deeper into content with people who think similarly."
Joel

"PASS is great because you get to learn about physical activity and how the body functions, and you learn in an enjoyable, interactive environment"
Amber

"The fitness challenge PBL in PASS was excellent as I was able to set goals, challenge myself and see my fitness improve. The final fitness challenge day at Stanwell Tops was so much fun, a reward for all the hard work in class."
Kaitlyn

Learning experiences

Throughout the course students will develop skills that improve their ability to:

- work collaboratively with others to enhance participation, enjoyment and performance in physical activity and sport.
- display management and planning skills to achieve personal and group goals in physical activity and sport.
- perform movement skills with increasing proficiency.
- develop skills through Project Based Learning activities; including the Individual Fitness Challenge and creating an engaging community event for junior students.