Talented Sport Program

Teacher: Amy Wilson

Course Description
This program has been designed to cater for students who have been identified as talented in a specific sport. Students study a range of topics relevant to sports science such as Anatomy and Physiology, Sports Medicine, Training Principles, Drugs in Sport, and factors that contribute to improving performance. The practical component of the course focuses on maintaining high levels of fitness and skill.

Learning Outcomes

THEORY
- Demonstrate an understanding of the muscles and bones which make up the human body
- Develop an understanding of the functions of the body’s energy systems
- Demonstrate an understanding of factors that affect performance
- Demonstrate an understanding of a number of performance enhancing drugs that affect performance
- Demonstrates and implements leadership, and understands qualities of leadership
- Develop an understanding of the issues surrounding being an elite athlete

PRACTICAL
- Demonstrates a drive to improve overall fitness
- Demonstrates leadership in training situations
- Engages appropriately in all practical sessions
- Engages appropriately in individual lessons
- Demonstration of skill development/improvement

Work Practice Outcomes
- Displays acceptable behaviour
- Displays a positive attitude and works cooperatively
- Contribution to class activities
- Completion of assignment
- Completion of test

Materials Required
Students are required to change into appropriate PE clothing for each PE lesson (TSP shirt, joggers and shorts/tracksuit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible. Mobile phones may be used as part of the class in consultation with the teacher.

Typical Homework
Students are required to catch up on any missed work and devote some time to assignments and test preparation during the theory unit.

Assessment Items

| Hygiene health and safety compliance | Due Date | Weighting |
| Contribution to class activities | | |
| Assignment 1 | | |
| Assignment 2 | | |
| Classwork | | |
| Test | | |