

Course Outline 2022

Subject: SPORT

Level: YEAR 9

Course Code:	9SPOR	Course Length:	TWO TERMS
Brief Description:			
<p>This programme is designed to allow adolescent athletes to gain greater knowledge surrounding methods of training, functional anatomy, programme design and how to be an effective team member. Learners will experience different types of training with the aim of improving their own personal fitness. They will then compete in team competitions linked to their chosen sport.</p> <p>The main topics/themes:</p> <ul style="list-style-type: none">• Fitness and Fitness Components• Fitness Tests• Training Principles• Training Methods• Goal Setting• Functional Anatomy• Team work and relating to others			
Pre-requisites/Co-requisites:			
To gain entry to this course learners must apply in writing. Application forms can be collected at the PE office and must be returned by the specified date.			
Cost/Equipment:			
\$10 + Whangaparaoa College PE uniform			
Teacher in Charge of this Course:		Sarah Hall	