

Why Choose a SPORT, LIFESTYLE & RECREATION subject in years 11 and 12?

Health and Community services is on of the fastest growing employment areas in Australia, having the fastest growth rate over the last 5 years (170 000 jobs/year) and a projected growth rate of 3%/year.

There are a wide variety of careers available in community services and health including;

- Youth work
- Outdoor Recreation
- Physiotherapy
- Social work
- Health Technicians
- Dance Instructor
- Exercise and Sport Scientists
- Fitness trainers/instructors
- Corporate Health
- Sports Coaching
- Sports Administration
- Education—PDHPE Teaching

Due to the new technologies constantly emerging and the changing needs of the population, there is a range of career opportunities around the corner.

The study of SPORT, LIFESTYLE and RECREATION is an introduction to the content that is relevant to many of these areas.

The following teachers will be only too happy to assist you with further advice on the Sport, Lifestyle & Recreation courses available at Gorokan High School;

Mrs L Ricketts (HT)
Mr B Glachan (Rel HT)
Mr T Buxton
Mrs H Buchanan
Mr L Sharpe
Mr S Underwood
Mr K Sweeney
Mr S Glachan
Miss J Turton



GOROKAN HIGH SCHOOL

Stage 6

SPORT, LIFESTYLE & RECREATION

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Stage 6

SPORT, LIFESTYLE & RECREATION

Senior Subject
Choices



Gorokan High School

Tel: 4393 7000

SPORT, LIFESTYLE & RECREATION



The Sport, Lifestyle & Recreation course is divided into two components:

- Preliminary Course (Terms 1-3 Yr. 11)
- HSC Course (Term 4 Yr. 11- Term 3 Yr. 12)

Sport, Lifestyle and Recreation studies makes a positive contribution to the total well being of students. It focuses on those aspects of the learning area that relate most closely to participation in physical activity.

Students develop knowledge and understanding of the value of physical activity, increased levels of movement skill, competence in a wide variety of sport and recreation contexts and skills in planning to be active. These and other aspects of the course enable students to adopt and maintain an active lifestyle.

The course is highly practical in nature and **students are expected to actively participate in all lessons.**

All students are given significant opportunities to apply theoretical understandings to practical applications that are socially relevant and gender inclusive.

GIRL'S ACADEMY OF SPORT (SLR)

Gorokan High School's Girl's Academy of Sport program will target talented year 11 students interested in furthering their athletic and sporting abilities across a range of disciplines. The program will be run through the SLR Stage 6 course

FOCUS AREAS OF STUDY

1. Cardiovascular Fitness
2. Strength and Conditioning
3. Sport Specific Skill Development
4. Body Systems
5. Sport Specific Nutrition

ENRICHMENT ACTIVITIES

- Specialist Coaching Sessions (NRL, ARU, Oz Tag Australia, Touch Australia, Netball, Soccer, Athletics).
- Gym Sessions (weights, classes)
- Beach Sessions (fitness, surf, surf survival)
- Analysis of Performance (latest technologies)
- Australian Institute of Sport 3 day excursion (living like an elite athlete at the AIS, training with Australian teams, nutrition lecture, recovery sessions, sport specific training)

APPLICATION PROCESS

1. Complete an application form.
2. Students may be required to trial (pending numbers).
3. Students selected by a panel based on their application and trial results.



SLR RUGBY LEAGUE

SLR Rugby League has been available for over 3 years at Gorokan High School with great success. Students in this course follow a similar course of study as the regular SLR students; however, there is more of a focus around developing rugby league skills and concepts. Course topics include;

Preliminary

Fitness
Games & Sports Applications 1
Sports Coaching & Training

HSC

First Aid
Resistance Training
Games & Sports Applications 2
Sports Administration

Students have direct access to professional Rugby League Coaching and resources due to our community links with the NRL and Wyong Rugby League Club. Students will have the opportunity to receive several qualifications throughout the program which include; Coaching Certificate, League Safe Certificate, Referees Course and Strapping Course. These practical elements provide students the opportunity to utilize their knowledge and skills of rugby league within the wider community.