

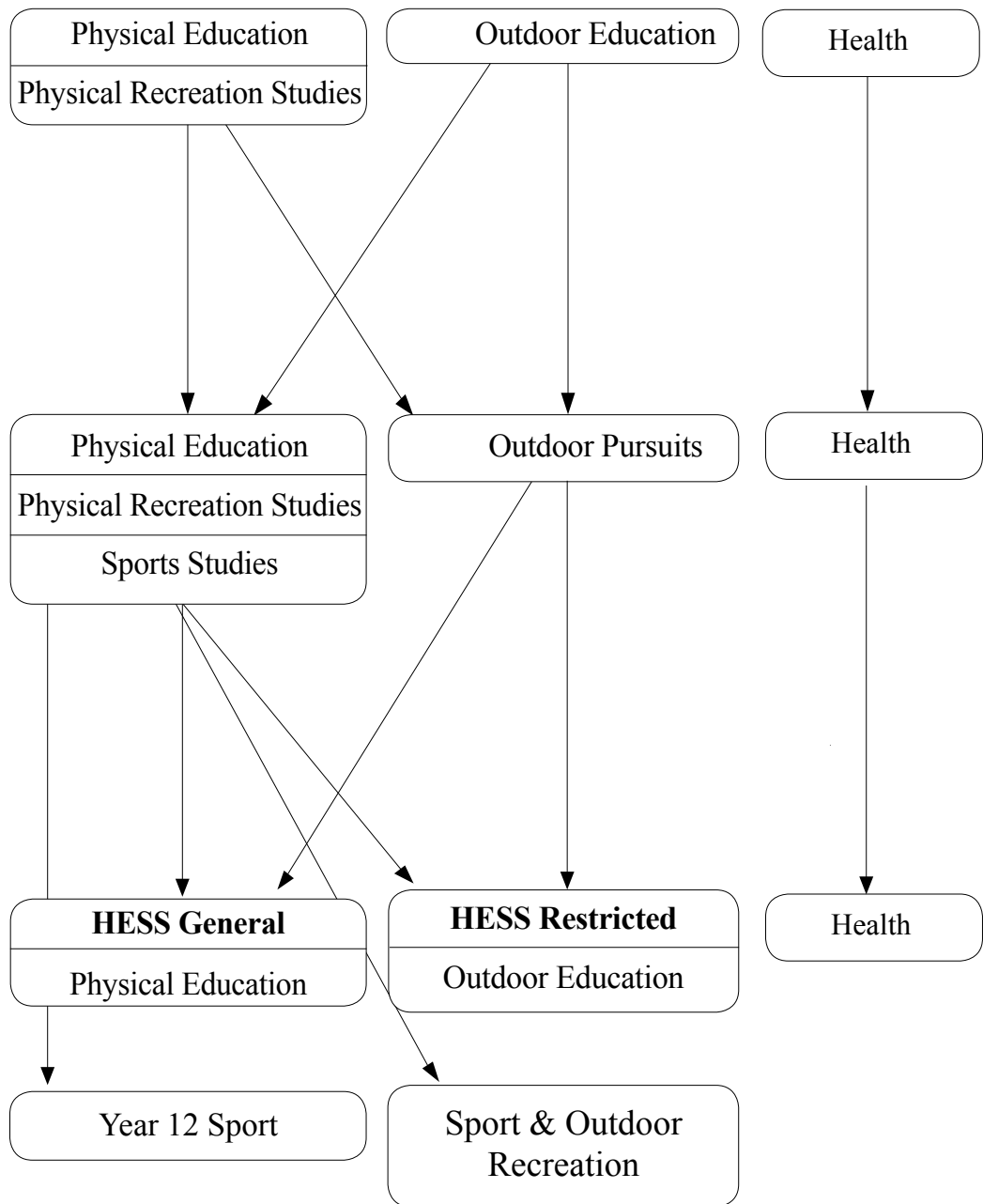
Physical & Outdoor Education

**STAGE 1
Semester 1**


**STAGE 1
Semester 2**

STAGE 2

VET



End of Year
Adventure Tour



Casuarina Senior College aims to provide an outstanding education and quality outcomes for all students through the provision of rich learning experiences and a varied curriculum designed to maximise student engagement.

Students are able to access all subjects without incurring tuition costs. A number of subjects also offer extended learning experiences which are optional and for which the College Council will seek the reimbursement of associated costs from parents of participating students. Examples include additional materials, excursions, etc. Indicative reimbursement costs for subjects containing extra-curricula activities are identified throughout the handbook by an asterisk (*).

For further information please contact the College on 8920 1211.

physical & outdoor education stage 2

Sport and Outdoor Recreation Subject Description

This subject provides a pathway for students who are not seeking a TER. It allows students to gain credit in the NTCET and to work towards achieving nationally recognised vocational qualifications.

Content

Activities are taken from the Certificate II in Outdoor Recreation and general sport modules. Examples include kayaking, climbing and abseiling. Participation in workplace learning is integral and can be in the form of simulated activities, part time work or work placement.

Assessment

Assessment Component 1: Evidence Folio – 70%

Assessment Component 2: Record of Attainment - 10%

Assessment Component 3: Workplace Reflection - 20%

Group	Subject Length
1	Full Year

Physical Education

Subject Description

Students study both practical and theory modules.

Content

Theory:

- Exercise Physiology and Physical Activity
- The Acquisition of Skills and the Biomechanics of Movement
- Issues Analysis

Practical:

- 3 Practical Tasks

Assessment

Theory:

- Exercise Physiology and Physical Activity – 4%
- The Acquisition of Skills and the Biomechanics of Movement - 4%
- Trial Exam – 2%
- Issues Analysis – 10%
- External Exam – 30%

Practical:

- 3 Practical Tasks – 50%

Practical will be assessed by Performance Checklists

Group	Subject Length
2	Full Year

Physical & Outdoor Education

Code
219V1

SACE Code
2SRA2

Category
HESS Restricted

*Approx \$120

Prerequisite
No prerequisite

Code
22900

SACE Code
2PQP2

Category
HESS General

*\$30.
Excursions may be a component of this course.

Prerequisite
Stage 1 Physical Education or Stage 1 Sports Studies.

physical & outdoor education stage 2

Code

21903

SACE Code

2OED2

Category

HESS Restricted

*Approx \$120 for camps/excursions/activities.

Prerequisite

No prerequisite.

Nat Reg No

SRO20306

Code

31300

Category

VET (no TER)

*Students will be required to cover all costs associated with this course. This will be determined by the location of the expedition. (Approximate cost \$950 includes airfares, transport & accommodation.)

Prerequisite

No prerequisites.

Outdoor Education

Subject Description

This subject provides students with a challenge to increase/improve their personal development through direct interaction with the outdoors. Students will undertake two practical activities and study them in depth as well as participating in a number of expeditions. Students need to contribute a significant amount of their own time.

Content

- Risk Management
- Conservation
- Rationing
- Camp Planning
- First Aid in the Outdoors
- The Individual, the Group, Leadership

Assessment

Semester 1

- Course Work– 50%
- Outdoor Journeys – 50%

Semester 2

- Course Work– 50%
- Self-reliant Expedition – 50%

Group

1

Course Length

Full Year

Adventure Tourism

Course Outline

This is an intensive practical course offering students the opportunity to complete a VET course in bushwalking. The course is conducted through a series of lectures and practical lessons, concluding with an interstate or local bushwalking expedition in a wilderness area (4-10 days). This course offers students the opportunity to experience an enjoyable and challenging activity in the outdoor environment. It emphasises personal development of students' outdoor educational skills and fosters qualities such as independence and self-reliance. Mid-year and end of year tours will be advertised through the student bulletin.

Content**Practical:**

Students will study one major practical activity, bushwalking and will also be required to participate in a compulsory expedition (4-10 days).

Theory:

Students will undertake studies in conservation, safety, navigation, planning and outdoor living skills.

Assessment

Students must successfully complete all competencies.

Group

1 & 2

Course Length

Full Year

Physical & Outdoor Education

physical & outdoor education stage 2

Year 12 Sport

Subject Description

This subject is designed to meet the needs of students who enjoy participating in a range of sporting skills and practical activities. The course allows students to gain a TER without an external exam component.

Content

Students will develop skills and an understanding of the knowledge relating to sporting activities. There will be a common core of practical work. Much of the set theory of the PE curriculum will be replaced with practical tasks that involve collating, analysing and evaluating performance.

Assessment

Theory:

- Situated Learning Task - 10%
- Collaborative Task - 15%
- Evidence Portfolio - 15%
- Negotiated Task - 30%

Practical:

- 2 Practical Tasks - 30%

Code

21910

SACE Code

21L22

Category

HESS Restricted

*\$30.

Excursions may be a component of this course.

Prerequisite

No prerequisite.

Group

2

Course Length

Full Year

physical & outdoor education stage 2

Code

21911

SACE Code

2HES2

Category

HESS Restricted

*Excursions may be a component of this course.

Prerequisite

No prerequisite.

Health Studies

Subject Description

This course is designed to encourage healthy lifestyles, behaviours and health promotion within the community. It focuses on personal development, self-reflection and positive health solutions.

Content

Students study one core unit and three option units:

Core Units:

- Health Literacy
- The Social and Economic Determinants of Health

Option Units:

- Health Promotion in the Community,
- Stress and Health
- Risks and Challenges to Health,
- Health and Relationships
- Sexuality and Health
- Health and Environment

Assessment*School-based Assessment (70%)*

- Assessment Type 1: Group Investigation and Presentation (30%)
- Assessment Type 2: Sources Analysis (20%)
- Assessment Type 3: Practical Activity (20%)

External Assessment (30%)

- Assessment Type 4: Investigation (30%)

Group	Course Length
2	Full Year