

SCOPE AND SEQUENCE STATEMENT: YEAR 12 PDHPE 2025

TERM 4 - 2024	1	2	3	4	5	6	7	8			
OVERALL TOPIC	YR 11 COURSE		Option: Sports Medicine								
OVERVIEW			This module is concerned with the specific issues of prevention, assessment, management of and recovery from sports injuries. Students examine how the extent and intensity of sports participation relates to the incidence of sports injuries. They explore the range of technical and scientific approaches for maintaining the wellbeing of athletes.								
OUTCOMES			H8, H13, H16, H17								
ASSESSMENT			AT1 - In Class Task: 20%								
			6 WEEKS 24 HOURS								
TERM 1 - 2025	1	2	3	4	5	6	7	8	9	10	11
OVERALL TOPIC	Core 1: Health Priorities in Australia										
OVERVIEW	This compulsory module examines the health status of Australians and investigates, in depth, the current health priority issues in Australia. Students identify and justify the choice of priority issues and examine the roles that the health system and health promotion play in achieving better health for all Australians.										
OUTCOMES	H1, H2, H3, H4, H5, H14, H15, H16										
ASSESSMENT	AT2 – In Class Task: 25%										
	11 WEEKS 44 HOURS										
TERM 2 - 2025	1	2	3	4	5	6	7	8	9		
OVERALL TOPIC	Core 2: Factors Affecting Performance										
OVERVIEW	This compulsory module examines the factors that affect performance. In this module, students explore the physical and psychological bases of performance. They experience and critically analyse approaches to training and skill development and investigate the contributions of psychology, nutrition and recovery strategies to performance.										
OUTCOMES	H7, H8, H9, H10, H11, H16, H17										
ASSESSMENT	AT3 - In Class Task: 25%										
	9 WEEKS 36 HOURS										
TERM 3 - 2025	1	2	3	4	5	6	7	8	9	10	
OVERALL TOPIC	Option - Improving Performance										
OVERVIEW		TRIAL HSC EXAMS			Students will experience and analyse a variety of training methods, the effects of planning on performance and ethical considerations relating to improving athletes' performance are also examined.						
OUTCOMES					H7, H8, H9, H10, H11, H16, H17						
ASSESSMENT					AT4 – Trial HSC examination: 30%						
	10 WEEKS 40 HOURS										

TOTAL COURSE HOURS: **144 hours**