

# Health, Physical & Outdoor Education (HPOE)

Subject	Hours	TCE credit points	LIT	NUM	ICT	Recommended prior studies and/or entry requirements
Sport & Recreation Experiences I and Outdoor Pursuits Level 1	150	15				<ul style="list-style-type: none"> <li>no entry requirements but an appropriate level of physical fitness and willingness to be active</li> </ul>
Outdoor Education Level 2 - (Adventure Recreation or Expedition)	150	15				<ul style="list-style-type: none"> <li>no entry requirements just a willingness to work with new people and be involved</li> </ul>
Personal Health and Wellbeing Level 2	150	15				<ul style="list-style-type: none"> <li>no entry requirements just a willingness to be involved in some practical physical activities</li> </ul>
Athlete Development Level 2 - all sports	150	15				<ul style="list-style-type: none"> <li>must be participating in a recognised sport under the guidance of a qualified coach</li> </ul>
Athlete Development Level 2 - Basketball	150	15				<ul style="list-style-type: none"> <li>must be participating in a recognised sport under the guidance of a qualified coach</li> </ul>
Athlete Development Level 2 - AFL/AFLW	150	15				<ul style="list-style-type: none"> <li>must be participating in a recognised sport under the guidance of a qualified coach</li> </ul>
Sport Science - Foundation Level 2	150	15				<ul style="list-style-type: none"> <li>a C in Year 10 Australian Curriculum HPE or an SA in Athlete Development 2</li> </ul>
Sport Science Level 3	150	15				<ul style="list-style-type: none"> <li>a B in Year 10 Australian Curriculum English or an SA in Sport Science Foundation 2</li> </ul>
Health Studies Level 3	150	15	✓			<ul style="list-style-type: none"> <li>a B in Year 10 Australian Curriculum English</li> </ul>
Outdoor Leadership Level 3	150	15	✓			<ul style="list-style-type: none"> <li>a B in Year 10 English or an SA in Outdoor Education 2 and a background in outdoor activities is desirable</li> </ul>
VET Certificate II in Sport and Recreation	300	30				<ul style="list-style-type: none"> <li>an interest in sport, recreation and fitness, as well as working with others</li> </ul>
VET Certificate II in Outdoor Recreation	150	15				<ul style="list-style-type: none"> <li>an interest in the outdoor environment, as well as working with others</li> </ul>

## What is on offer in HPOE?

The F BLock Gym is an amazing place to find lots of options for working on your health and fitness.

We offer a wide range of lunchtime sport and fitness activities. Make sure you include an HPOE course in your program!



## Sport & Recreation Experiences I and Outdoor Pursuits I

### What will I learn?

- benefits of an active and healthy lifestyle
- communication, cooperation and leadership skills
- specific sport, fitness and recreational activities
- a variety of individual and team games and sports, challenges and adventure activities and personal development experiences.
- safety management practices for outdoor recreation activities.

### How will I learn and be assessed?

- practical tasks
- maintaining a journal of reflections on activities
- no external exam or folio.

### Other

- a combination of two x Level I courses to make a full year course and gain 15 TCE points.

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## Outdoor Education 2 - Adventure Recreation strand

### What will I learn?

- technical knowledge and safety skills
- skills to operate as a team member
- set and reflect on personal goals related to outdoor activities
- sustainable practice techniques to protect natural environments
- planning, logistics, nutrition, First Aid, navigation, weather interpretation and risk management considerations.

### How will I learn and be assessed?

- practical, hands-on tasks individually and in groups
- oral presentations, reflections, assignments, investigations
- log book entries
- no external exam or folio.

### Other

- exciting range of weekly adventure activities in various environments - bush, mountain, river and ocean
- could lead to study in VET courses or Outdoor Leadership 3.

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## Outdoor Education 2 - Expedition strand

### What will I learn?

- technical knowledge and safety skills
- skills to operate as a team member
- set and reflect on personal goals related to outdoor activities
- sustainable practice techniques to protect natural environments
- planning, logistics, nutrition, First Aid, navigation, weather interpretation and risk management considerations.

### How will I learn and be assessed?

- practical, hands-on tasks individually and in groups
- oral presentations, reflections, assignments, investigations
- log book entries
- no external exam or folio.

### Other

- students enrol in this subject as a 5th option offline
- not suitable for students with part time work or sporting commitments on weekends as camps are run on weekends
- class is held during lunchtime sessions.

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## Personal Health and Wellbeing 2

### What will I learn?

- about issues affecting personal wellbeing and the significance of personal identity and positive relationships
- to recognise behaviours that impact on personal health and wellbeing
- how to recognise valid sources of health information.

### How will I learn and be assessed?

- group discussions and investigation projects
- individual online research and practical tasks
- develop and report on own wellbeing plan
- no external exam or folio.

### Other

- students will participate in practical activities such as circuit training.





## Athlete Development 2 - all sports

### What will I learn?

- develop and maintain a level of physical conditioning to achieve optimal sporting performance
- manage a sport specific, well organised, systematic training program including goal setting
- find out how basic physical, psychological and social factors influence sporting performance
- find out about current trends in sports hydration, nutrition, injury management and recovery
- learn new strength and conditioning methods.

### How will I learn and be assessed?

- practical fitness related tasks and regular assignments
- maintaining an athlete training journal
- no external exam or folio.

### Other

- this is a general Athlete Development course for students participating in a range of sport programs
- a strong commitment to improving physical fitness is required
- it is an excellent preparation for Sport Science 3.

## Athlete Development 2 - Basketball

### What will I learn?

- develop and maintain a level of physical conditioning to achieve optimal sporting performance
- manage a basketball specific, well organised, systematic training program, including goal setting
- find out how basic physical, psychological and social factors influence sporting performance
- find out about current trends in sports hydration, nutrition, injury management and recovery
- learn new strength and conditioning methods for basketball.

### How will I learn and be assessed?

- practical fitness related tasks and regular assignments
- maintaining an athlete training journal
- no external exam or folio.

### Other

- this is a specific Athlete Development course **ONLY** for students who are participating in a basketball team
- a strong commitment to improving physical fitness is required
- it is an excellent preparation for Sport Science 3.

## Athlete Development 2 - AFL / AFLW

### What will I learn?

- develop and maintain a level of physical conditioning to achieve optimal sporting performance
- manage a sport specific, well organised, systematic training program, including goal setting
- find out how basic physical, psychological and social factors influence sporting performance
- find out about current trends in sports hydration, nutrition, injury management and recovery
- learn new strength and conditioning methods for AFL/AFLW.

### How will I learn and be assessed?

- practical fitness related tasks and regular assignments
- maintaining an athlete training journal
- no external exam or folio.

### Other

- this is a specific Athlete Development course **ONLY** for students who are participating in an AFL / AFLW club team
- a strong commitment to improving physical fitness is required
- it is an excellent preparation for Sport Science 3.



## Sport Science - Foundation 2

### What will I learn?

- factors that influence individual and community participation in sport
- maintain a level of fitness to support an active lifestyle
- relevant rules, regulations and sport
- safety considerations
- coaching, officiating and administrative roles
- body systems and how they contribute during sports performance.

### How will I learn and be assessed?

- practical fitness related tasks
- regular assignments and maintaining an athlete training journal
- lab reports, inquiry and research tasks
- no external exam or folio.

### Other

- a good Year 11 subject as an alternative to other Level 2 Sciences and a pathway to Sports Science 3.

## Sport Science 3

### What will I learn?

- sport psychology including goal setting, motivation, stress and anxiety and visualisation
- exercise physiology, energy systems, recovery, training programs (and their effects)
- skill acquisition with regard to motor skills, information processing, feedback and movement analysis.
- ways athletes learn sports skills and the implications for coaching and practice
- how different training types are designed to target particular responses in athletes.

### How will I learn and be assessed?

- regular assignments and tests
- written mid-year and external examination.

### Other

- an excellent introduction to further studies in HPOE and exercise science subjects at tertiary level.

## Health Studies 3

### What will I learn?

- personal, Australian and global health issues
- physical, social, emotional and spiritual elements of health
- how the media and community shape health issues
- how technology impacts on the health of individuals
- about informed health choices (including drugs and sexuality issues) and risk taking
- how data reflects the health of Australians
- national health priorities and Australia's health care system
- Australia's role in global health.

### How will I learn and be assessed?

- through individual and group investigations
- regular assignments and tests
- written mid-year and external examination.

### Other

- this course is an excellent preparation for tertiary studies in the health sector.





## Outdoor Leadership 3

### What will I learn?

- considerations required to plan for activities and lead groups
- develop adventure skills through outdoor activities
- research based theories to develop leadership capacity
- emergency and risk management procedures
- how leaders consider environmental management to ensure sustainable practices
- ways humans experience the natural environment.

### How will I learn and be assessed?

- regular assignments and tests
- folio of practical work and research essays
- written mid-year and 3 hour external examination.

### Other

- this course is perfect for students who want to develop skills in leading others in adventure activities, education or health-related areas.

## VET Certificate II in Sport and Recreation

### What will I learn?

- about the sport and recreation industry
- about sports coaching, administration and managing sporting events
- how to stay safe and healthy in the workplace, including First Aid
- how to organise events and work as a member of a team.

### How will I learn and be assessed?

- project-based applied learning and assessment through internal tasks only
- no external exam.

### Other

- these are nationally accredited VET courses
- Certificate II classes run over TWO lines (Tuesdays/Thursdays)
- this course leads into Certificate III in Fitness and other related fields.
- it is recommended for students who wish to develop work skills and pursue a career in the Sport and Recreation Industry.



SIS20115 Certificate II in Sport and Recreation - The Tasmanian Secondary Colleges RTO, code 60100, is the registered training organisation for these qualifications.

## VET Certificate II in Outdoor Recreation

### What will I learn?

- about the outdoor recreation industry in Tasmania
- about the natural environment and how it affects the outdoor recreation industry
- how to stay safe and healthy in the workplace, including First Aid
- how to care for and maintain equipment
- skills for some outdoor activities
- how to assist others in outdoor activities.

### How will I learn and be assessed?

- project-based applied learning and assessment through internal tasks only
- no external exam.

### Other

- these are nationally accredited VET courses
- this class is run over ONE line
- suit pre-tertiary students who have studied Adventure Recreation/Expedition and want to work in Adventure Tourism
- this can be studied with another VET course in the same year.



SIS20213 Certificate II in Outdoor Recreation (SoA) - The Tasmanian Secondary Colleges RTO, code 60100, is the registered training organisation for these qualifications.

