

YEAR 12 SPORTS SCIENCE 2011

21 credits



This course allows participating sports students an opportunity to develop their knowledge, strategies and understanding of sporting concepts. The course is a mixture of practical and theory components. Practical components are athletics, swimming, softball, fitness labs, biomechanics labs and skiing/snow boarding.

Irene Lewis
[January 2011]

OTUMOETAI COLLEGE PHYSICAL EDUCATION DEPARTMENT POLICIES AND PROCEDURES

Authenticity

Assessed work must be your own work. You and your caregivers will be expected to sign authenticity declarations and, where appropriate submit working drafts. Where evidence indicates work presented is not your own work the school policy will be followed, i.e. a non-credit for that unit.

Attendance

You are expected to attend class on a regular basis as set out in the school policy on attendance. If there is a record of consistent non-attendance, which could jeopardise safety, or the achievement of the rest of the group then an alternative work place will be considered during PE lessons.

It is the students' responsibility to catch up on work that has been missed through non-attendance.

Participation

Students must ***participate in 80%*** of any practical aspects of this course to be eligible to enter the standard.

If students are unwell and cannot participate in the standard offered, they ***must*** produce a medical certificate stating so. It will be up to the teachers discretion to offer a further assessment opportunity only where and when practical.

Appeals

Appeals of grades awarded are to be made within 48 hours of the return of assessed work. Where a grade is appealed, the school policy will be followed.

Marked work is ***not*** to be removed from the classroom.

Late Work

Late work will not be accepted for assessment unless exceptional circumstance exists, (computer failure is ***not*** a valid reason to hand work in late). Extensions must be applied for ***three*** days prior to the due date.

Further assessment Opportunities for Otumoetai College

Due to the nature of this subject on most occasions there will be ***no*** opportunity for further assessment. It will however be up to the teachers discretion to offer an opportunity for further assessment only where and when practical.

Verifying Grades

Students will be required to verify the grades they have been awarded by signing the result slip attached to each piece of work and the course outline booklet. The course outline booklet will become the property of the student at the end of the academic year.

Compassionate Considerations

There is no compassionate consideration as all achievement standards are internally assessed.

Retention of Student Work

Your teacher will retain all work completed. Work may be required for external moderation processes.

Signed _____ Date _____

YEAR 12 SPORTS SCIENCE 2011

ACHIEVEMENT STANDARDS: 21 CREDITS

AS 90432 (3 credits)

Examine relationships between physical activity and health and implications for self and society

- Concepts of fitness and health and how these impact of self, others and society
- Personal participation in regular exercise: At least 3 aerobic type exercises per week.

ASSESSMENT

Research: Three research tasks
Practical: Participation log over 6 weeks
Theory: Exam style paper 2 hours

AS 90433 (4 Credits) Athletics

Describe how functional anatomy and biomechanical principles relate to performing physical activity

- Key joints Relevant bones Relevant movements Major muscles
- Biomechanical principles: Inertia Momentum Stability Balance Centre of mass Force summation Projectile motion

ASSESSMENT

Theory: Test Part One closed book Part two Open book (1 1/2 hr)

AS 90434 (3 Credits)

Examine the principles and methods of training in relation to participation in physical activity

- Training sessions: Speed, Resistance, Plyometrics, Heart Rates,
- Principles and Methods of training

ASSESSMENT

Practical: Training sessions
Theory: Worksheets, 4 must be completed
Theory: Paper 1 hour

AS 90435 (2 Credits) Swimming

Examine skill learning principles and psychology skills in relation to physical activity

Medley: 50m Backstroke, 50m Breaststroke, 50m Freestyle

- Factors affecting Skill Learning
- Psychological Factors

ASSESSMENT

Theory: Paper 1 hour
Practical: 80% Activity log and lesson plans

YEAR 12 SPORTS SCIENCE 2011

ACHIEVEMENT STANDARDS: 21 CREDITS

AS 90436 (4 Credits) Athletics, Swimming or Softball

Perform a physical activity to meet the Physical Education Performance Standards for Level 2

Athletics: Pentathlon completed during Sports Day

Swimming: 400m Swim (Freestyle) plus 3 stroke medley 150m)

Softball: Performance in a game

AS 90438 (3 Credits)

Plan, apply and review leadership strategies in a group or team physical activity

- Leadership strategies identified and evaluated
- Practical work with a small group
- Lesson Planning
- Leadership strategies evaluated

ASSESSMENT

Practical: Leadership Award at Otumoetai Intermediate (Teaching six sessions)

Theory: Complete 3 questions (1 1/2 hour)

AS 90439 (2 Credits)

Demonstrate knowledge of safety issues and apply safety management procedures in a physical activity

- RAMS forms, Safety on the mountain and on camp (Snow camp Trip End of Term 3)

ASSESSMENT

Theory: Complete RAMS form and explain details

Practical: Attend Snow camp and fill in 3 Evaluation sheets



12SPSC 2010 Student Voice: Self Reflection Name _____

STANDARD and type	PREDICTED RESULT	REASONS for predicted result	ACTUAL RESULT	REASONS for actual result	Course goal	What I need to do	What help I'd like to get there
AS 2.1 (90432) 3cr INTERNAL Examine the relationship between physical activity and health, and implications for self and society			Date				
AS 2.2 (90433) 4cr INTERNAL Functional Anatomy and biomechanical principles relate to performing physical activity			Date				
AS 2.3 (90434) 3cr INTERNAL Examine the principles							

12SPSC 2010 Student Voice: Self Reflection Name _____

STANDARD and type	PREDICTED RESULT	REASONS for predicted result	ACTUAL RESULT	REASONS for actual result	Course goal	What I need to do	What help I'd like to get there
and methods of training in relation to participation in physical activity			Date				
AS 2.5 (90436) 4cr INTERNAL Perform a physical activity to meet a PE Performance Standards Level 2			Date				
AS 2.7 (90438) 3cr INTERNAL Plan, apply and review leadership strategies in a group or team physical activity			Date				
AS 2.8 (90439) 2cr INTERNAL Demonstrate knowledge of safety issues and apply safety management procedures in a physical activity			Date				