

## YES Stage 2 Community Studies B: Health & Physical Education

Level	Stage 2 – Non ATAR
Learning Area	Cross-Disciplinary
Duration	Full Year subject
Duration note:	A semester 10 credit option may be available
Pre requisite	No
Additional Costs	None
SACE Credits	20 (may be available as a 10 credit subject)

### Who is this course for?

This course is for any student enrolled at Port Augusta Secondary School who enjoys HPE/Fitness and working to improve their own health & well-being; knowledge & experience.

### What will I learn?

- Students will look at redesigning the Redsox upstairs area of the gym, and turning it into a fitness hub for the school and wider community.
- Students participate in a chosen sport and present and demonstrate individual performance and images showing positioning in the activity, and completing a performance development checklist.
- Students investigate an issue related to physical activity and relevant to local, regional, national, or global communities. In particular looking at the effects of Performance Enhancing drugs in sports and on the athletes, also the ethical issues surrounding them.
- Students will undertake a strapping course and demonstrate their learning by volunteering at a local club to assist in their strapping routines.
- Students will research the possibility of becoming involved in refereeing a local sport of their choice and reflecting upon the need of quality umpiring in country communities.
- Students will research common sporting injuries in a sport they play and design a rehabilitation program to assist with their recovery.
- Students may negotiate or 'tweak' a task to suit their individual interests and/or abilities.

### How will I be assessed?

YES Community Studies B has a focus on linking theory with 'hands-on' practical learning and application.

- Assessment Type 1: Folio: 70% (Internal assessment)
- Assessment Type 2: Community Application Activity 30% (External assessment)

### Evidence of Learning:

- For a 10 credit subject: Two Folio tasks and one Community Application activity.
- For a 20 credit subject: Five Folio Tasks and one Community Application activity.