

Year 9/10 Sports Science

Semester 2 Course Outline

This semester, students will explore the Muscular System, Skeletal System, and Energy Systems of the body. They will develop an inquiry question about the impact of technology on sports performance and investigate their own fitness strengths and weaknesses to develop personalised training programs.

Learning Outcomes

- Y9 ACSSU175 - Understands multicellular organisms rely on coordinated and interdependent internal systems to respond to changes to their environment
- Year.9.416 - Describes social and technological factors that have influenced scientific developments and predicts how future applications of science and technology may affect people's lives
- Year.10.434 - Constructs evidence-based arguments and selects appropriate representations and text types to communicate science ideas for specific purposes
- Y9/10. 1082 - Proposes and evaluates interventions to improve fitness and physical activity levels in communities.
- Y9/10. 1087 - Applies criteria to make judgements about and refine own and others' specialised movement skills and movement performances.

Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Term 3 Due*	Term 4 Due*
Skeletal Systems Test	Week 3	
Muscular Systems Test	Week 6	
Energy Systems Test	Week 9	
Advancements in Sport Enquiry Assignment		Week 12
Fitness and Training Presentation		Week 15
Bookwork/classwork	Ongoing	Ongoing

*Due dates are an estimate only

Teachers: Martin Desmet

Executive Teacher: Kay Paten

If students are absent from class it is their responsibility to catch up on any missed work. Any requests for submitting work late, extensions to due dates of alternative assessments needs to be negotiated with the teacher well in advance of the stated due dates.