




The Science of Sport

You will explore how your body responds to exercise by recording performance and wellness data to interpret and present for analysis and evaluation as an elite athlete. You will explore the psychological factors associated with participation and performance in sport and rehearse the mental skills required for peak sporting performance.

Year 10 Elective

 Engage <i>Skills</i>	 Extend <i>Knowledge</i>	 Enrich <i>Experiences</i>
<ul style="list-style-type: none"> Recording and interpretation of performance and wellness data Development of Excel skills Interpretation of elite data to determine reasons for their underperformance Rehearsing mental skills for peak sporting performance 	<ul style="list-style-type: none"> Select appropriate tests to assess athletes at a variety of levels and in specific sports Interpret data to determine the effectiveness of training programs. Compare the collected data to provide feedback about how to enhance athletic performance. Psychological traits of successful athletes. Impact of anxiety, and motivation on the performance of athletes. Sports Psychology theories; motivation, self-efficacy, learning curve, and audience effect. Develop practical strategies and skills that can be utilised within sport such as visualisation and imagery 	<ul style="list-style-type: none"> Weekly practical component to reinforce theory concepts

 Assessments/Outcomes	 Pathways
<p>Case study of elite athletes; recognising why athletes are underperforming, and strategies to enhance performance at an elite level</p> <p>Performance and Wellness reports utilising Excel</p> <p>Visualisation reflection and Motivation research task</p>	<p>Subject Pathways: Physical Education, Psychology, Biology, Nutrition</p> <p>Career Pathways: Sports Psychologist, Exercise and Sports scientist, Strength and Conditioning coach, Personal trainer, Exercise Physiologist, Physiotherapist, Occupational therapist, Gym manager</p>