

Level 1 Sport Science Achievement Standards
Dates and Venues: These are guideline weeks only

SPORT SCIENCE – L1SPSC					
<i>Course Relationship to the National Vocational Pathways</i>					
Construction & Infrastructure	Manufacturing & Technology	Primary Industries	Services Industries	Social & Community Services	Creative Industries
0	0	9	20	20	20
Course Entry	The entry is dependent upon approval of your teacher at Year 10 and the HOD of Physical Education. Participation in College athletics day is desirable.				
Course Overview	This course involves modules on Exercise Physiology, Anatomy, Biomechanics, Sports Education, Skill development and Performance and Interpersonal Skills, and requires a high level of participant involvement. Students are assessed on their involvement, teamwork and application of knowledge.				
Assessment	Assessment is 100% internal. This means students must be able to complete assessed tasks in the workbooks within a set timeframe. Only 1 assessment is from practical performance of skill. Topics include Volleyball, Handball, Touch, Football, Ultimate Frisbee.				
Cost Materials	Photocopying				\$20.00

Course 'Aims'

To provide a range of learning opportunities and practical experiences, and to achieve Physical Education NCEA level 1.

Description of Course

This course involves modules on Exercise Physiology, Anatomy, Biomechanics, Skill development and Performance and Interpersonal Skills, and requires a high level of participant involvement. Students will be assessed on their involvement, teamwork and application of knowledge.

Topics

(a) Football/Futsal – Anatomy, Biomechanics, Exercise Physiology

(b) Volleyball – Skill Assessment, Strategies to improve

(c) Handball – Interpersonal Skills

(d) Touch Rugby, Ultimate Frisbee, Fitness – Factors affecting participation.

AS	Title	Activities	Credits	Venue	Weeks/Dates
90963 V3 1.2A	Demonstrate understanding of the function of the body as it relates to the performance of physical activity	Football	5	Classroom Turf	10 weeks Wk 1-10 Term 1
90964 V3	Demonstrate quality movement in the performance of a physical activity	Volleyball	3	Action Centre or Gym	6 weeks Wk 8-10 Term 2 Wk 1-4 Term 3
90967 V3 1.6A	Demonstrate strategies to improve the performance of a physical activity and describe the outcomes	Volleyball	3	Action Centre or Gym	5 weeks Wk 7-11 Term 2 Wk 1-3 Term 3
90966 V1 1.5A	Use strategies to develop interpersonal skills in a group of team	Handball	4	Turf	6 weeks Term 2 Wk1-7
90962 V2	Participate in a variety of physical activities and explain factors that influence own participation.	Touch Rugby, Fitness, Ultimate Frisbee	5	Combination pool, weights room, rowing machines, field and dance room	8-9 weeks Wk 5-10 Term 3 Wk1-3 Term 4
Total of 5 Achievement Standards					
Total of 20 Credits					

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.

If an assessment is missed a **Doctors Certificate** must be presented to enable student to sit the assessment.

Participation

Students must **participate in 85%** of any practical or theory aspects of this course to be eligible to enter the standard.

Appeals

Appeals of grades awarded are to be made within three school days of the return of assessed work. Where a grade is appealed, 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) and an extension will be given by your teacher. Extensions must be applied for **three** days prior to the due date.

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.

Compassionate Considerations

Compassionate consideration for a student who is absent from an internal assessment may be made if there is sufficient evidence available from other work related to the same skill/contact and no other re-assessment opportunity is available.

Retention of Student Work

Your teacher will retain all work completed during this course.