

Year 9

Subject Selection Booklet



Miami State High School
Learning Through a Team Effort

MIAMI STATE HIGH SCHOOL

YEAR 9 CURRICULUM

As a Year 9 student, you will continue your study of the Key Learning Areas. Learning is challenging, engaging and connected to the real world. You will work in teams, as well as independently, developing higher order thinking skills, problem solving abilities and thorough knowledge and understanding of the areas of study.

The Year 9 curriculum is delivered to cover the Key Learning Areas as follows:

- English
- Maths
- Science
- Health and Physical Education or Health and Physical Education Excellence
- Humanities

Students will also select electives from the following areas:

- The Arts
- Language and Community
- Technologies

The broad education offered in Year 9 enables students to experience a range of subject areas that provide a foundation for specialised studies in the senior school.

If you have any concerns or queries, please feel free to contact the Head of Department of individual subjects.



CORE SUBJECTS

ENGLISH			
DEPARTMENT	ENGLISH	HEAD OF DEPARTMENT	CATHY CRAWLEY
FUTURE PATHWAYS	Year 10 English		
	Year 10 Literature		

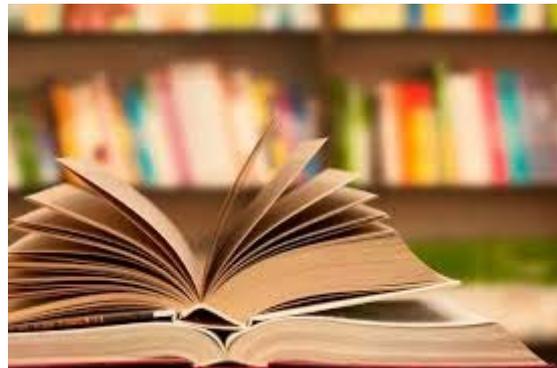
Course Outline:

Students understand how texts and language are used and how to achieve personal, social and cultural purposes in the context of their lives. The study of language helps students appreciate the social, imaginative and aesthetic uses of language. English also has a significant role in the development of literacy. As students grow and develop, their language requirements become increasingly complex and the breadth of literacy practices increase. English is also about the study of texts. Students learn to interpret and deconstruct literacy texts, mass-media texts and everyday texts.

UNITS OF WORK:

SEMESTER ONE:

- Unit 1: Analysing speculative fiction
- Unit 2: Creating imaginative writing
- Unit 3: Study of dramatic text



SEMESTER TWO:

- Unit 4: Representations in the novel
- Unit 5: Responding to the novel

ASSESSMENT:

Teachers will select a range of appropriate methods for gathering and recording student progress, including:

- Written assignments in a variety of genres
- Spoken tasks for specific purposes
- Core exams
- Observation, consultation, focused analysis, self and peer assessment

Specialist Equipment Required: Please refer to the Required Resources and Texts document located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Additional costs may include visiting speakers and writers.

HEALTH AND PHYSICAL EDUCATION

DEPARTMENT	PHYSICAL EDUCATION	HEAD OF DEPARTMENT	WENDY PEARCE
FUTURE PATHWAYS	Year 10 AFL and Rugby 7s	Year 10 Health and Physical Education	
	Year 10 Cert II in Public Safety	Year 10 Outdoor Recreation	
	Year 10 Physical Education	Year 10 Sport and Recreation	
	Year 10 Health		

Course Outline:

Students will participate in a variety of both leisure and skill based activities. The focus is on participation and enjoyment.

Activities that may be studied include:

- Self Defence
- Anatomy
- Sexual Health / Decision Making
- Triathlon
- Mini Olympics
- AFL
- Modified Ball Games



ASSESSMENT:

- Written examinations, assignments, presentations and workbooks
- Practical assessments and participation in physical activities

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Nil unless excursions are arranged.



HUMANITIES

DEPARTMENT	HUMANITIES	HEAD OF DEPARTMENT	MICHAEL VINE
FUTURE PATHWAYS	Year 10 Ancient History Year 10 Geography Year 10 Modern History		Year 10 Philosophy and Reason Year 10 Tourism

Course Outline:

The Year 9 Humanities course combines the key subjects of History, Geography and Civics and Citizenship. The course follows the Australian Curriculum in each of the key areas.

ASSESSMENT:

UNITS	KEY INQUIRY QUESTION/S	ASSESSMENT ITEMS
Making a Better World The Industrial Revolution (1750 – 1914)	How did new ideas and technological developments contribute to change in this period?	Research: Industrial Revolution Assignment/Multi Modal Project
Making a Nation Students investigate the history of Australia in the period 1750 – 1918	What were the changing features of the movements of people from 1750 to 1918?	Supervised Assessment: Short Response Test
World War One Students investigate key aspects of World War I and the Australian experience of the war	What was the significance of World War I?	Supervised Assessment: Essay Response to Stimulus Test
Biomes & Food Security	What are the human impacts on biomes? What are the challenges for food security?	Short Response Test Stimulus Response Test

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Additional cost may include visiting speakers and writers.

MATHEMATICS			
DEPARTMENT	MATHEMATICS	HEAD OF DEPARTMENT	TODD CAMPBELL
FUTURE	Year 10 Mathematics		
PATHWAYS	Year 10 Mathematical Methods		

Course Outline:

The proficiencies of understanding, fluency, problem solving and reasoning reinforce the significance of working mathematically within the content and describe how the content is explored or developed. The three Mathematics content strands in the Australian Curriculum are:

Number and Algebra

- Number and place value: direct proportion, index laws, scientific notation
- Money and financial mathematics: simple interest
- Patterns and algebra: applying the distributive law, extending index laws
- Linear and non-linear relationships: finding distance, midpoint and gradient between two points, sketching linear and simple non-linear graphs

Measurement and Geometry

- Using units of measurement: area, surface area and volume, time scales and intervals
- Geometric reasoning: enlargement, similarity, scale factors
- Pythagoras and trigonometry: Pythagoras' Theorem, sine, cosine and tangent ratios

Statistics and Probability

- Chance: outcomes and probabilities, relative frequencies, estimates for mean and median of population data
- Data representation and interpretation: data types, graphical displays, comparison of data, collection of data

ASSESSMENT:

A combination of tests, written assignments and reports will be used.

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Nil unless excursions are arranged.

SCIENCE			
DEPARTMENT	SCIENCE	HEAD OF DEPARTMENT	JODIE BRADLEY
FUTURE PATHWAYS	Year 10 Agricultural Practices	Year 10 Chemistry	
	Year 10 Aquatic Practices	Year 10 Marine Science	
	Year 10 Biology	Year 10 Physics	

Course Outline:

Students will be covering topics from the Australian Curriculum – Science, including:

Physics:

- Forms of energy, especially electricity, light and sound

Earth and Space Sciences:

- Continental drift, tectonic plates

Chemistry:

- Atomic structure, chemical reactions

Biology:

- Body systems and disease
- Ecosystems, food webs, conservation of species



ASSESSMENT:

A combination of written examinations, research tasks, presentations and experimental investigations

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 Nil unless excursions are arranged.



THE ARTS

DRAMA			
DEPARTMENT	THE ARTS	HEAD OF DEPARTMENT	GLEN BARRATT
FUTURE	Year 10 Drama		
PATHWAYS	Year 10 Drama in Practice		

Course Outline:

Drama involves manipulating dramatic elements and conventions to express ideas, considering specific audiences and specific purposes. Roles, characters and relationships are interpreted to define motivation and purpose, using vocal and physical techniques.

GENRES

Unit 1: Get Real! (Realism) - Students will develop their ability to work with scripts and interpret characters to create realistic and believable portrayals through their use of voice and movement.

Unit 2: Child's Play! (Theatre in Education) – Students will transform children's fairy tales, stories and nursery rhymes into scripts for the purpose of educating a targeted audience on a relevant issue.



ASSESSMENT:

Students demonstrate evidence of their learning through the following assessable elements:

- **knowledge and understanding** of concepts, facts and procedures
- **creation** of drama using arts elements, techniques, skills and processes
- **presentation** of drama performance to display interpretive and technical skills
- **responding** to performing arts works using drama elements and terminology
- **reflecting** on learning



Students are encouraged to participate in school productions and enter Eisteddfods in order to expand their confidence and excel in their studies.

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Nil unless excursions are arranged.

DANCE			
DEPARTMENT	THE ARTS	HEAD OF DEPARTMENT	GLEN BARRATT
FUTURE PATHWAYS	Year 10 Certificate II in Dance		

Course Outline:

Year 9 Dance aims to develop a student's dance ability to their full potential. Students who successfully complete Year 8 Dance Excellence are automatically promoted into this class, however, it is also open to all students as an elective subject. Students will develop confidence and self-awareness as they work together to appreciate, choreograph and perform Dance works.

The course is arranged as follows:

- Contemporary dance technique, jazz technique
- Analysis, interpretation, evaluation and justification writing skills
- Dance designed for video clips

ASSESSMENT:

The major organisers of this course are:

- **Choreography** (Creating)
- **Performance** (Presenting)
- **Appreciation** (Responding)



Students are encouraged to participate in school productions and community events in order to expand their confidence and excel in their studies.

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Additional costs may include an excursion to a performance or workshop (approximate \$25.00) and costumes for Dance Excel Showcase.



MEDIA STUDIES			
DEPARTMENT	THE ARTS	HEAD OF DEPARTMENT	GLEN BARRATT
FUTURE PATHWAYS	Year 10 Arts in Practice Year 10 Film, Television and New Media Year 10 Media Arts in Practice		

Course Outline:

Media Studies involves constructing meaning, considering specific audiences and specific purposes, by manipulating media languages and technologies to shape representations. For example:

- re-editing scenes to heighten the audience’s emotions
- fulfilling the responsibilities attached to various production roles; surveying friends and family to complete market research to inform the design of a video game
- using cross-media promotion to reach varied audiences with selected media texts to deliver an anti-smoking message; Indigenous broadcasting services targeting remote Aboriginal and Torres Strait Islander communities

ASSESSMENT:

The major organisers of this course are:

- **knowledge and understanding** of concepts, facts and procedures
- **creation** of arts works (videos) using arts elements, techniques, skills and processes
- **presenting** of arts works (videos) to display interpretive and technical skills
- **responding** to arts works (videos) using arts elements and languages
- **reflecting** on learning

Students are encouraged to actively participate in the “Shooters” video club which exposes young photographers and videographers to the technologies and techniques of industry.

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 Nil unless excursions are arranged.



MUSIC			
DEPARTMENT	THE ARTS	HEAD OF DEPARTMENT	GLEN BARRATT
FUTURE PATHWAYS	Year 10 Music in Practice		

Course Outline:

Music involves singing, playing instruments, listening, moving, improvising and composing by manipulating the music elements to express ideas, considering specific audiences and specific purposes, through sound.



ASSESSMENT:

The major organisers of this course are:

- **knowledge and understanding** of concepts, facts and procedures
- **creation** of arts works (music & songs) using arts elements, techniques, skills and processes
- **presenting** of arts works (music & songs) to display interpretive and technical skills
- **responding** to arts works (music & songs) using arts elements and languages
- **reflecting** on learning

Students will develop a vocabulary journal of common, specialist & technical music terms and language in line with the whole school's Reading and Writing foci.

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 Nil unless excursions are arranged.

VISUAL ART			
DEPARTMENT	THE ARTS	HEAD OF DEPARTMENT	GLEN BARRATT
FUTURE	Year 10 Visual Art		
PATHWAYS	Year 10 Visual Art in Practice		

Course Outline:

Visual Art involves manipulating visual art elements, concepts, processes and forms (2D and 3D) to express ideas, considering specific audiences and specific purposes, through images and objects.

ASSESSMENT:

The major organisers of this course are:

- **knowledge and understanding** of concepts, facts and procedures
- **creation** of arts works (both 2D & 3D) using arts elements, techniques, skills and processes
- **presenting** of arts works (drawings, paintings, prints, sculptures) to display interpretive and technical skills
- **responding** to arts works (paintings) using arts elements and languages
- **reflecting** on learning

Students will be motivated in the pursuit of excellence by being encouraged to participate in activities such as exhibitions, school magazine and promotional visuals for school activities.

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Additional costs may include specialist art materials such as a canvas for a major painting.



LANGUAGES & COMMUNITY

TOTALLY TEXTILES			
DEPARTMENT	DESIGN TECHNOLOGIES	HEAD OF DEPARTMENT	LEE WILKINSON
FUTURE PATHWAYS	Year 10 Fashion		

Course Outline:

This subject is designed to actively involve students in the fashion industry from designing, making and evaluating a garment from a given design brief.

Investigate

- Modern Fabric applications and current fashion trends

Produce

- Garment from given design brief

Participate

- Weekly class activities
- Practical sewing



ASSESSMENT:

- Individual workbook and homework tasks
- Fabric manipulations and applique techniques
- Process journal and garment

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Students will be required to supply some ingredients for cooking lessons each week.



HEALTHY LIFESTYLES			
DEPARTMENT	PHYSICAL EDUCATION	HEAD OF DEPARTMENT	WENDY PEARCE
FUTURE	Year 10 Health		
PATHWAYS	Year 10 Health and Physical Education		

Course Outline:

Are you community minded? Do you enjoy helping others? If so, this project is for you! Students will be involved in creating a community proposal that aims to encourage a healthy lifestyle amongst adolescents. Students will understand human rights and their responsibilities as global citizens, as well as participate in class ventures to assist chosen charitable organisations. This subject aims to actively engage students through practical experiences such as Australia's Biggest Morning Tea and fundraising for not for profit organisations such as the Guide Dogs QLD. The course will cover:

SELF	Values and Virtues / Personal Health
OTHERS	Random acts of Kindness
COMMUNITY	Volunteering, Donating, Awareness of the Wider Community, Human Rights

ASSESSMENT:

- Group Project / Assessments
- Individual Volunteering Project
- Class Ventures



Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Nil unless excursions are arranged.



JAPANESE			
DEPARTMENT	LANGUAGES	HEAD OF DEPARTMENT	MELISSA WILSON
FUTURE PATHWAYS	Year 10 Japanese		

Course Outline:

Australia is ethnically diverse nation. The study of Languages assists students to prepare for a meaningful and productive life in a multicultural world. Languages enhance the intellectual, social and cultural development of students. Learning a language supports the student’s understanding of English through a deeper understanding of the structures and processes of communication.

TERM A	TERM B
<ul style="list-style-type: none"> • Hiragana revision • Japanese seasons and festivities • Weather 	<ul style="list-style-type: none"> • School Life • Education in Japan • Telling the time

ASSESSMENT:

In language, a student’s progress is monitored by the teacher and will include the following techniques matched to performance on the composing and comprehending Learning Outcomes:

- Formative in-class Quizzes
- Assignments (Written and Oral)
- Summative Examinations



Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 Nil, although visits to restaurants and study tours to Japan are extra.



SPANISH			
DEPARTMENT	LANGUAGES	HEAD OF DEPARTMENT	MELISSA WILSON
FUTURE PATHWAYS	Year 10 Spanish		

Course Outline:

Students will be introduced to Spanish language and culture through a wide range of experiences involving the four macro-skills: Listening, Speaking, Reading and Writing. Learning Spanish is a lot of fun and there are opportunities for students to be immersed in the diverse cultures of Spanish speakers through language exchange, film, cooking, music, dance, and traditional culture.

SEMESTER ONE	SEMESTER TWO
<ul style="list-style-type: none"> • Daily life • Mexico today • Food and dining out 	<ul style="list-style-type: none"> • The teenage lifestyle • Cuban music and culture • Spanish for travellers

ASSESSMENT:

Assessment items are designed to build students' confidence and level of proficiency across the four macro-skills: Listening, Speaking, Reading and Writing. Assessment instruments may include: formative in-class quizzes, written assignments and examinations.

Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Visits to restaurants, excursions, overseas study tours and cooking ingredients may be extra.



TECHNOLOGIES

COMPUTER EDUCATION			
DEPARTMENT	DIGITAL TECHNOLOGIES	HEAD OF DEPARTMENT	MICHAELA HOY
FUTURE PATHWAYS	Year 10 Information and Communication Year 10 Information Technology Systems		

Course Outline:

Students undertaking this course will explore the use of a variety of technological concepts and software. They will engage in programs such as App Development software and the game design and development software Gamemaker. They will also develop ICT skills for everyday use and produce working projects. Computer Education will give students lifelong skills to survive in a rapidly advancing technological world. The course will cover:

Topic	Length
Social & Ethical issues relating to Technology	6 weeks
Mobile App Development	6 weeks
Game Design & Development	8 weeks

ASSESSMENT:

- Individual Projects
- Game Development
- Writing (Extended)



Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au
Students are encouraged to be a part of the BYOD Program.

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Nil unless excursions are arranged.



CREATIVE CHEF

DEPARTMENT	DESIGN TECHNOLOGIES	HEAD OF DEPARTMENT	LEE WILKINSON
FUTURE	Year 10 Food Science		
PATHWAYS	Year 10 Hospitality Practices		

Course Outline:

The subject is designed to actively involve students in a Hospitality kitchen. Through production of a wide range of interesting and healthy recipes – Creative Chef is enjoyed by all students.

“We have learnt a wide range of interesting innovative and effective methods of cooking and a variety of modern and delicious recipes.”

“This has been a really good experience. I have learnt organisational skills, innovative recipes and life skills that I will use after school life.”

INVESTIGATE

Asian Cuisines / American Cuisine
 What influences our food choices e.g. Fast food
 Examining Traditional Eastern and Western diets

PRODUCE

A wide range of modern innovative dishes

PARTICIPATE

Regularly cooking Café standard recipes
 Restaurant excursion and take away experience



ASSESSMENT:

- Practical cooking exam
- Weekly cooking tasks
- Completion of weekly recipe and evaluations
- Theory – Research Report

Specialist Equipment Required:

Process Journal
 Please refer to the Required Resources and Texts located at
www.miamishs.eq.edu.au

Additional Costs:

Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 Nil unless excursions are arranged.
 Students are encouraged to be a part of the BYOD Program.

GRAPHICS			
DEPARTMENT	DESIGN TECHNOLOGY	HEAD OF DEPARTMENT	LEE WILKINSON
FUTURE PATHWAYS	Year 10 Graphics		

Course Outline:

Students will use a number of programs including Autocad, Inventor, Revit, Illustrator and 3D Studio Max to produce 2D and 3D drawings. Those who have laptops will be able to download a student version to use on their home computer. This subject will explore the elements and principles of design. The focus will be based upon the ideation of a design problem.

TOPICS TO BE COVERED

- Graphic Design
- Industrial Design
- Built Environment



ASSESSMENT:

- Class work / homework folio
- Research assignments



Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 Nil unless excursions are arranged.



INDUSTRIAL TECHNOLOGY AND DESIGN

DEPARTMENT	DESIGN TECHNOLOGY	HEAD OF DEPARTMENT	LEE WILKINSON
FUTURE PATHWAYS	Year 10 Industrial Technology and Design		

Course Outline:

This course provides a wide range of skills necessary to help students decide which strand of Industrial Technology and Design area they are best suited to in future years.

TOPICS TO BE COVERED

- Design
- Timber Technology
- Metal Technology
- Use of Hand & Power Tools



ASSESSMENT:

- Basketball Stand
- Metal Utility Box
- OHS – Online Safety Tests
- Digital SOC (folio) for each project



Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
Nil unless excursions are arranged.



PHYSICAL EDUCATION

HIGH PERFORMANCE RUGBY 7'S (HPR)			
DEPARTMENT	Health and Physical Education	HEAD OF DEPARTMENT	Wendy Pearce
FUTURE PATHWAYS	Year 10 AFL/HPR		

Course Outline:

Students will participate in a variety of theoretical and skill based activities. The aim is to introduce a new Olympic sport including the following areas of study:

TOPICS TO BE COVERED

Practical Elements:

- Fitness related activities – speed, endurance, coordination, agility
- Rugby 7's skills: passing, stepping, tackling, ruck and maul.
- Rugby 7's drills/tactics
- Game play
- Respective training programs



Theoretical Elements:

- Basic refereeing for Rugby 7's. Smart Rugby/Junior Referee Qualification
- Basic coaching principles and code of conduct
- Social media (technology) and athlete profile within the community
- Nutrition
- Training programs/fitness components
- Indigenous perspectives
- Player analysis

ASSESSMENT:

- Written examinations, assignments, presentations and practical competencies
- Practical assessments and participation in physical activities

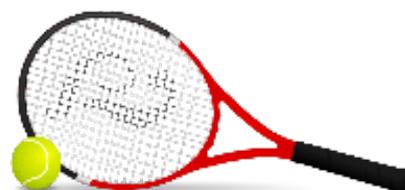
Specialist Equipment Required: Please refer to the Required Resources and Texts located at www.miamishs.eq.edu.au

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 Nil unless excursions are arranged.
 Training shirt (\$30).

TENNIS EXCELLENCE			
DEPARTMENT	Physical Education	HEAD OF DEPARTMENT	Wendy Pearce
FUTURE PATHWAYS	Professional player, Coaching, Tennis Centre Manager, Fitness Instructor, Event Coordinator, Sports Administrator, Tournament Director, Teacher		

Course Outline:

This program provides an opportunity to develop tennis skills through school based coaching and interschool sport competitions which will improve the athlete’s external fixture and tournament results. Individualised programs will be designed to maximise potential so athletes can progress to higher levels of development and competition. Athletes will have access to six tennis courts, a fully equipped gymnasium, accredited coaches and fitness instructors.



TENNIS EXCELLENCE CO-ORDINATOR – COURTNEY INNES

Qualifications:

Bachelor of Health, Sport and Physical Education
 Level 1 Australian Tennis Professional Coaches Association (TPA)

Tennis Coaching Experience:

Tennis Coach UQ Sport 2012 – 2016
 Tennis Coach for Deacon Tennis 2012 – 2013 (Stuartholme School & Nudgee College)
 Go Sports Tennis Coach 2012 – 2014
 Tennis Coach for Gap Health and racquet Club 2012

UNITS OF WORK:

Units of work will be delivered over six hours per week including two fitness sessions before school.

ASSESSMENT:

The program will assess athletes with a holistic approach to the development of Technical, Tactical, Psychological, Fitness and Nutritional aspects relating to tennis.

Specialist Equipment Required: Please refer to the Required Resources and Texts document located at www.miamishs.eq.edu.au
 Tennis Racquet

Additional Costs: Please refer to the Fee Schedule located at www.miamishs.eq.edu.au
 \$250 per term; \$1000 per year – fee includes 240 hours of tennis coaching, individualised fitness program and fixtures. Excursions costs may apply.