

# EXCELLENCE

## AFL, Surfing, Rugby 7s, Tennis, Touch Football.

Excellence

### Elective Learning Area

### Course Outline

Students in Sporting Excellence programs will further develop their skills in their chosen sport, including having access to elite coaches and strength and conditioning sessions. The course content will follow the Senior Sport and Recreation syllabus, with units selected which will complement the development of the students' sporting skills.

### Pathways

Selection in the course is a 3-year commitment across Years 10, 11 and 12. Students are in a vertical class with Senior students.

### Structure

Areas of study	Core topics
Coaching and Officiating	<ul style="list-style-type: none"><li>Coaching other students in skill progression</li></ul>
Fitness	<ul style="list-style-type: none"><li>Fitness testing, strength and conditioning sessions</li></ul>
Athlete Development and Wellbeing	<ul style="list-style-type: none"><li>Sport psychology</li></ul>
Optimising Performance	<ul style="list-style-type: none"><li>Recovery sessions</li></ul>

### Assessment

For each unit:

- Project
- Performance

### Additional Costs

Program dependent