

## Applied Sport and Exercise Science

Year 9 and 10 electives (semester-long course)

This subject develops the skills to integrate exercise and physical activity with the promotion of good health and sports performance. Students participate in activities that enhance their understanding of how the body works. They learn and apply various terminology and theories relating to the study of exercise science. Activities usually include: learning the muscles and bones in the human body, understanding the circulatory and respiratory body systems, exploring how the body works when playing sport and exercising, exploring how people learn different skills, investigating the effectiveness of psychology when playing sport, and designing a product to enhance performance in sport.

