
SUBJECT: RECREATIONAL STUDIES

STATUS: Authority Registered Subject **CODE:** REC

COST: TBA

COURSE OVERVIEW: Through its focus on the study of recreation activities, the *Recreation Study Area Specification* aims to allow students to acquire knowledge, skills, abilities, attitudes and values in, about and through recreation activities, and thereby enhance their prospects of employment.

COURSE STRUCTURE The Recreation study-area core is a body of knowledge, concepts and skills that provides part of the framework for exploring relationships between learning in, about and through recreation activity. It allows students to recognise the benefits of recreation activities. It is progressively developed and integrated in units of work through key learning experiences.

The basis of the study-area core is:

- Recreation, you and the community — examining the effects of recreation on individuals and communities
- Physical activity and healthy lifestyle — investigating the role of physical activity in maintaining good health
- Safety, risk awareness and health concerns — evaluating strategies to promote health and safety
- Interpersonal and group dynamics — investigating personal and interpersonal skills to achieve goals.

Successful students may receive certification such as:

- Open water bronze medallion
- Senior first aid
- Level 1 (sport specific) coaching and or refereeing
- TAFE Fitness Certificates

At least 80 per cent of timetabled time involves students engaging in physical activity. Students will be involved in a variety of written, oral and physical learning experiences that are focused on the study of the four physical activities.

ASSESSMENT TECHNIQUES:

A wide range of assessment techniques will be used including physical, oral and written activities.

SPECIAL REQUIREMENTS:

- Possibility of early morning / or late afternoon classes.
- (Costing is linked to external certification and the practical nature of the course).
This course is particularly practical in its focus.

