



# Physical Activity and Sports Studies (PASS)



# PASS

---

- Physical Activity and Sports Studies represents a broad view of physical activity and the many possible contexts in which individuals can build activity into their lifestyle.
  - The aim of the Physical Activity and Sports Studies course Years 9-10 syllabus (new syllabus implemented 2020) is to enhance students' capacity to participate effectively in physical activity and sport, leading to improved quality of life for themselves and others.
  - It incorporates a wide range of lifelong physical activities, including recreational, leisure and adventure pursuits, competitive/non-competitive games.
-



# PASS

---

- PASS is a more challenging course than the mandatory PDHPE course. It is both a theory and practical based course (60:40 ratio).
  - PASS promotes the concept of learning through movement. Many aspects of the course can be explored through participation in selected movement applications in which students experience, examine, analyse and apply new understanding.
  - PASS is the most popular elective for stage 5 in NSW
-



# PASS

---

- The two year (200 hour) course is organised in modules within the following three areas of study:
    - Foundations of physical activity
    - Physical activity and sport in society
    - Enhancing participation and performance.
  - Foundations of physical activity:
    - Body systems and energy for physical activity
    - Physical fitness
    - Nutrition and physical activity
-



# PASS

---

- Physical activity and sport in society:
    - Australia's sporting identity
    - Physical activity and sport for specific groups
  - Enhancing participation and performance:
    - Coaching
    - Event management
    - Technology, participation and performance
-



# PASS

---

- Students wishing to undertake 2 Unit study of PDHPE in Years 11 and 12 are advised to consider this as a subject to undertake in Years 9 and 10. However, PASS is NOT a requirement to study stage 6 (Year 11 and 12) PDHPE.
  - There are no academic requirements in Year 8 for PASS.
  - Students are required to purchase a workbook covering each year of study which costs approximately \$35.
  - Excursions: There is one excursion / incursion opportunity each year. A further charge will apply
-



# PASS

---

Excursion options in PASS (subject to change and availability):

- Rock Climbing
  - Rafting
  - Wheelchair basketball
  - Level 1 certificates in coaching
-







# PASS





Court  
1

W

