

# FITNESS EXPERIENCES

## Guide to New TASC Course



The new *Fitness Experiences* Level 1 course is one of a set that may replace the current course – *Physical Recreation* Level 1 (REC110113).

This course has been developed to enable learners to work with their teacher to develop and undertake a fitness program that is structured around each learner setting and recording progress towards their personal fitness goals. Learners are exposed to a range of approaches, facilities, activities, and techniques that can help them to improve and maintain their individual fitness levels and attain fitness goals.

Teachers will continue to have flexibility to make decisions about the sequence of learning and any adjustments required based on the needs, interests and abilities of their students.

It may provide a basis for a wide range of personal, vocational and further education and training options. *Fitness Experiences* provides a pathway to HPE courses such as *Athlete Development* Level 2, *Sport Science - Foundation* Level 2 and *Community Sport and Recreation* Level 2, and VET Certificates I or II in Sport and Recreation.

### WHAT IS SIMILAR?

Learners will continue to:

- experience a range of fitness activities
- participate in a highly flexible, practically based course

### WHAT IS DIFFERENT?

- Reduced course size to 50 hours
- Capacity to deliver as standalone or in conjunction with one or more of the other 3 Level 1 Experiences set.
- Greater focus on developing a personalized and goal directed program

- Currency - Physical Literacy: alignment to Australian Draft Standard, particularly the final 3 milestones marking physical literacy development
- New learning outcomes, criteria and standards to highlight both unique and common elements of courses in the HPE “Experiences” set
- Alignment of terminology to Australian Curriculum - 9/10 Health and Physical Education v8.2.
- Work requirements are clearly defined - inclusion of minimum work requirements and example products

### HOW DOES THE COURSE CATER FOR ALL STUDENTS?

- This course complements other HPE courses
- This course is inclusive of diverse learning needs
- The new suite has been designed to cater for flexible and variable scenarios
- There is provision for flexible alternatives for demonstrating evidence and applied skills

### WHAT SUPPORT IS PROVIDED?

- A teaching and learning supplement designed to support teachers who are new to teaching this course
- Professional Learning to support course implementation
- Advice on programming (example scope and sequence documentation)