

SAMPLE SCOPE & SEQUENCE

Athlete Development, LEVEL 2

Learning Design

Below is a possible sequence of content for Athlete Development ATH215118.

This is an example only; to be used to support teachers to develop their own scope and sequence documents and associated assessment matrices that meet the learning needs of their learners.

NOTE: This course may have been amended since the development of this sample teacher resource in 2018. Please visit the [TASC website](#) for current version of the course.

Term 1

Week	Topic
1	Introduction to the Course, The Athlete Diary, Expectations and Program Outline Confirmation of Specialist Coach contact details, medical records, etc. Module 2 - Conditioning - Introduction
2	Module 1 - Preseason skill development & conditioning Module 2 - Measuring Performance - fitness testing & why fitness test? Testing Round 1
3	Module 1 - Preseason skill development & conditioning Module 2 – Conditioning - the role of conditioning for the athlete
4	Module 1 - Preseason skill development & conditioning Module 2 - Conditioning - principles of training
5	Module 1 - Preseason skill development & conditioning Module 2 - Conditioning - managing recovery Progress review
6	Module 1 - Preseason skill development & conditioning Module 2 - Conditioning - gym fundamentals

Week	Topic
7	Module 1 - Preseason skill development & conditioning Module 2 - Your Coaching and Support Team
8	Module 1 - Preseason skill development & conditioning Module 2 - Measuring Performance - components of fitness
9	Module 1 - Preseason skill development & conditioning (confirm coach/ parent/support email loop) Module 2 - Measuring Performance - analysing fitness 1
10	Module 1 - Preseason skill development & conditioning (end of term progress email to contacts) Module 2 - Measuring Performance - analysing fitness 2 Testing Round 2 Progress Review
Break	
Break	

Term 2

Week	Topic
1	Module 1 - Preseason competition & conditioning Module 2 - Monthly and Season progress reviews
2	Module 1 - Preseason competition & conditioning Module 2 - Sponsorship & Marketing - sport sponsorship
3	Module 1 - Early season competition, conditioning & recovery Module 2 - Sponsorship & Marketing - writing an approach letter
4	Module 1 - Early season competition, conditioning & recovery Module 2 - Sport Psychology - introduction to psychology
5	Module 1 - Early season competition, conditioning & recovery Module 2 - Progress review and feedback discussion Testing Round 3 Progress Review
6	Module 1 - Early season competition, conditioning & recovery Module 2 - Sport Psychology - arousal and performance Coach email from teacher

Week	Topic
7	Module 1 - Mid season competition, conditioning & recovery Module 2 - Sport Psychology - mental preparation Coach Report & Support Team contact
8	Module 1 - Mid season competition, conditioning & recovery Module 2 - Coach feedback and reporting Testing Round 3
9	Module 1 - Mid season competition, conditioning & recovery Module 2 - Sport Psychology - motivation
10	Module 1 - Mid season competition, conditioning & recovery Module 2 - Mid season Review Testing Round 4 Progress Review
Break	
Break	

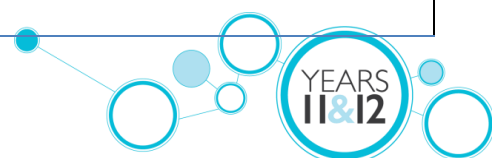
Term 3

Week	Topic
1	Module 1 - Mid season competition, conditioning & recovery Module 3 - Basic Physiology - introduction to the skeletal system
2	Module 1 - Mid season competition, conditioning & recovery Module 3 - Basic Physiology - exercise and bone responses
3	Module 1 - Mid season competition, conditioning & recovery Module 3 - Basic Physiology - the muscular system
4	Module 1 - Late season competition, conditioning & recovery Module 3 - Basic Physiology - the cardio-respiratory system
5	Module 1 - Late season competition, conditioning & recovery Module 3 - Basic Physiology - the energy systems Testing Round 5 Progress Review

Week	Topic
6	Module 1 - Late season competition, conditioning & recovery Module 3 - Basic Physiology - implementing training methods Coach Report & Support Team feedback
7	Module 1 - Late season competition, conditioning & recovery Module 3 - Nutrition and Recovery - introduction to sports nutrition
8	Module 1 - Off season break Module 3 - Nutrition and Recovery - minerals and hydration Module 3 - Nutrition and Recovery - glycaemic index, pre & post event meals
9	Module 1 - Off season break Module 3 - Injury Prevention and Management - introduction to sports injuries Module 3 - Injury Prevention and Management - preventative practice
10	Module 1 - Preseason baseline testing Module 3 - Injury Prevention and Management - injury management Testing Round 6 Progress Review
Break	
Break	

Term 4

Week	Topic
1	Module 1 - Preseason cross training/general conditioning Module 3 - Competition Preparation - preparing for peak performance Module 3 - Competition Preparation - inside the mind of champion athletes
2	Module 1 - Preseason cross training/general conditioning Module 3 - Option session 1 Module 3 - Option session 2 Coach Report & Support Team feedback
3	Module 1 - Preseason cross training/general conditioning Module 3 - Option session 3 Module 3 - Extension session 1



Week	Topic
4	Module 1 - Preseason cross training/general conditioning Module 3 - Extension session 2 Year Review and Celebration <div style="text-align: right;">Progress Review</div>
5	
6	
7	
8	
9	
10	
Break	
Break	

Sample Teacher

