

# SAMPLE SCOPE & SEQUENCE

## Sports Science Foundation, LEVEL 2

### Learning Design

Below is a possible sequence of content for Sports Science Foundation SPT215118.

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](http://www.tas.gov.au/tasc) for current version of the course.

### Term I

Week	Unit and Topic	Subtopic	Criteria Assessed
1	Body Systems	1. Introduction to Anatomy 2. Anatomical Terms 3. The Skeletal System	C 1,2,5,6,8
2		4. Major Bones 5. Joints and Movement 6. Bone Quiz and Anatomy Lab	
3		7. The Muscular System 8. Muscle Function 9. Lactate Threshold Lab 10. The Respiratory System	
4		11. Gas Exchange 12. Respiration 13. Lung Volume	
5		14. Lung Function Lab 15. The Circulatory System 16. Heart Function	
6		17. Circulation 18. Blood Pressure 19. Blood Pressure Lab	C 1,2,5,6,8
7		20. Energy Systems 21. Anaerobic Energy 22. Aerobic Energy	

Week	Unit and Topic	Subtopic	Criteria Assessed
8		23. Predicted VO2 Max Lab 24. VO2 Max Testing Lab Unit Review and Feedback	C 1, 2, 5, 6
9	Fitness	25. Health Related Fitness 26. Skill Related Fitness	C 1, 3, 5, 6, 7
10		27. Data Management 28. Fitness Testing and profiling	
Break			
Break			

## Term 2

Week	Unit and Topic	Subtopic	Criteria Assessed
1	Fitness	29. Practical - Test Battery A 30. Practical - Test Battery B 31. Reviewing Test Data	C 1, 3, 5, 6, 7, 8
2		32. Analysis and Implications of Results 33. Practical - Workout 34. Program Design & Training Principles	
3		35. Session Design – practical 36. Design Scenarios 37. Types of Training	
4		38. Practical – interval and fartlek 39. Practical – resistance and plyometric	
5		40. Taster Experience - Fitness Trainer 41. Client Profiling and Programming 42. Practical - Working with your Client – Session 1	
6		43. Peer Review and Adjustments 44. Final Program Presentation 45. Practical Client session 2	
7		46. Practical Client session 3 47. Practical Client session 4	
8		48. Practical Client session 5 49. Practical Client session 6	
9		50. Practical Client session 7 51. Practical Client session 8	
10		52. Practical Client session 9 53. Practical Client Session and Unit Review	

Week	Unit and Topic	Subtopic	Criteria Assessed
Break			
Break			

### Term 3

Week	Unit and Topic	Subtopic	Criteria Assessed
1	Sports Knowledge and involvement	1. Striking Sports overview 2. Striking sport practical 3. Striking sport practical	C 1, 3, 4, 7, 8
2		4. Invasion Games overview 5. Invasion Game practical 6. Invasion Game practical	
3		7. Racquet Sports Overview 8. Racquet Sports practical 9. Racquet Sports practical	
4		10. Aquatic Sports Overview 11. Aquatic Sports practical 12. Aquatic Sports practical	
5		13. Coaching and Administration 14. Roles in Sport 15. Practical Code of Behaviour 16. Practical Coaching Session 17. Practical Admin Session	
6		18. Umpiring and Officiating 19. Sports Marketing 20. Promotion and Advertising 21. Practical Referee Session 22. Unit review and feedback	
7	Science of Performance	23. Body Composition 24. Nutrition and Energy 25. Glycaemic Index 26. Transport and Supply of Oxygen 27. Heart Function during Exercise	C 1, 2, 5, 6, 7
8		28. Skills and Learning 29. Reaction Time 30. Feedback 31. Stages of Learning	
9		32. Basic Skill analysis 33. Skilled performance 34. Fundamentals of Biomechanics 35. Using Video in skill Analysis	

Week	Unit and Topic	Subtopic	Criteria Assessed
10		36. Video Analysis Task 37. Practical session - video 38. Practical Session - report 39. Impact of Sport Psychology 40. Performance and arousal	
Break			
Break			

## Term 4

Week	Unit and Topic	Subtopic	Criteria Assessed
1	Science of Performance	41. Anxiety and performance 42. Practical – relaxation 43. Managing motivation 44. Motivation Discussion 45. Preparation for competition	C 1, 2, 5, 6, 7, 8
2		46. Planning into an event 47. Unit Test 48. Sport Science Future 49. Test feedback and unit review	
3	Inquiry Project	50. Session 1 51. Session 2 52. Session 3 53. Session 4 54. Session 5	
4	Inquiry Project	55. Session 6 56. Session 7 57. Session 8 <ul style="list-style-type: none"> <li>• Findings</li> <li>• Questions</li> <li>• Finalizing publication</li> </ul> Final Session: Course Review <ul style="list-style-type: none"> <li>• Feedback</li> <li>• Celebration</li> </ul>	C 1, 3, 5, 6, 7
5			
6			
7			
8			

Week	Unit and Topic	Subtopic	Criteria Assessed
9			
10			
Break			
Break			

Sample Teacher Resource

