



• MELBA COPLAND

Health & Sports Science  
Outdoor & Physical Education

# Sports Development (T/A)



## UNITS

Personal Development in  
a Sport

Building an Elite Athlete

Athletes in Society

Performance Analysis

Sports Development is an integrated study that focuses on specialised sports development for the individual. Students learn about principles of high performance, self awareness and understanding of their prowess in an individual sport. They learn about and practice ways of maintaining elite performance. This course prepares students aspiring to participate in elite sport. The study of Sports Development provides pathways to further study in both tertiary and vocational areas as well as providing foundations for future involvement in elite sport as a competitor, official or administrator.