



• MELBA COPLAND

Health & Sports Science
Outdoor & Physical Education

Sport, Recreation & Leadership (A)



UNITS

Active Lifestyles and
Sports Leadership

The Sport and Recreation
Industry

Sports Coaching and
Management

Community Activities
and Events

Sport and Recreation is a growth industry in Australian society. These forms of recreation include social sport, fitness programs and outdoor and community based recreational pursuits. They are an intrinsic part of the Australian psyche and form a substantial part of leisure time. Sports, Fitness & Leadership focuses on the significance that the Sports and Recreation Industry has in the life of individuals and communities. It is a subject that provides students with the opportunities to learn in, through and about health wellbeing activities. Sports, Fitness & Leadership can make an important contribution to enhancing students' opportunities regarding employment, enterprise, further study, leisure and lifelong learning and well-being.

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