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# YEAR 10 SUBJECTS

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## Sports Medicine

This subject is concerned with the specific issues of prevention, assessment, management of and recovery from sports injuries. This subject introduces you to the musculoskeletal system with a focus on major bones and muscles, joints and connective tissue. You will examine how the extent and intensity of sports participation relates to the incidence of sports injuries. You will also explore the range of technical and scientific approaches for maintaining the wellbeing of athletes. Sports Medicine also offers you the opportunity to investigate the following critical questions: how are sports injuries classified and managed; how does sports medicine address the demands of specific athletes; and what role do preventive actions play in enhancing the wellbeing of the athlete; how is recovery from injury managed; what ethical questions are raised by the increased use of sports medicine? When studying this subject you will complete a Level 1 Sports Trainer Certificate and Sports First Aid Certificate along with having the opportunity to participate in a range of practical activities.

Generic skills that are considered across all the subjects in the Physical Education faculty include:

- Communicate effectively using a variety of styles
- Research, select and organise information utilising a range of sources
- Interact positively within groups and teams
- Make informed decisions towards enhancing health and wellbeing
- Demonstrate the application of a range of information and communication technologies

Subject specific skills are:

- You will develop methods to improve your fitness level, and participate in sport, recreational and leisure activities that maintain regular participation in physical activity
- You will develop strategies and technique to respond to arrange of scenarios that may occur in a sporting environment
- You will listen, view and respond with the use of verbal and non verbal cues in a range of settings
- You will be able to develop an understanding of risk and risk management processes for various sporting activities.
- You will be able to link knowledge of human physiology to the assessment and treatment of various sporting injuries

**Please Note:** Refer to the Subject Cost Schedule for details of costs relevant to this program.



*"Loved the program; learnt so much useful information such as the First Aid course whilst still having fun!"*

*Aleisha Samuel and Dana Curcic*