RECREATION STUDIES
GENERAL

[Authority Registered Subject]
AIMS:
Using the Recreation Studies Area core, we are aiming
to:
• develop attitudes, skills and knowledge appropriate to
maintaining health and fitness throughout life
• encourage participation in recreational activities during
leisure time
• demonstrate the knowledge, skills and vocational com-
petencies essential for the workforce
• develop a responsible attitude towards the safety,
health and well-being of self and others in physical activ-
ity, recreation and work-related situations
• develop the ability to communicate effectively, using
language accurately and appropriately in both written
and oral formats

CONTENT:
STUDY AREA CORE
• Recreation and You
• Physical Activity and Healthy Lifestyle
• Safety, Risk Awareness and Health Concerns
• Interpersonal & Group Dynamics

UNITS OF WORK
• Outdoor Pursuits (eg., Abseiling, Climbing, Canoeing,
Bushwalking, Rowing, Bike Riding, Sailing)
• Fitness Pursuits (eg., Resistance Training, Continuous
Training, Yoga, Aerobics)
• Sport Pursuits (eg., Touch, Badminton, Netball, Lifesav-
ing)
• Health Concerns – Drug Education, Infectious Diseas-
es, Nutrition
• First Aid
• Sports administration – Organise and Conduct Activi-
ties, Career Pathways, Teaching/Coaching/Refereeing

To ensure a practical approach, a minimum of 50 per
cent of timetabled school time is to be devoted to active
participation in recreation pursuits.

PREREQUISITES AND COSTS
(Additional to SRS charges):
A subject fee of applies to each of Year 11 and Year 12.
(This covers the cost of courses, certificates and out-
sourced instruction fees. Additional fees may apply for
optional activities and outdoor pursuit activities.)

Students must:
• demonstrate appropriate behaviour, grooming and work

ethic involving all school activities
• provide transport to venues to complete off campus
units of work
• be willing to finance and complete compulsory off-cam-
pus courses outside of school hours, with the possibility
of gaining free class time in return

CAREERS:
A person interested in completing TAFE courses relating
to health and fitness, recreation, personal trainer, fitness
leaders, sport administration and coaching.
• Those seeking employment in the leisure, fitness or
recreation industry (eg. fitness centres, lifesaving,
holiday resorts, outdoor tourism, sporting clubs)

ASSESSMENT:
• Physical skill performance
• Written tests and assignments
• Completion and performance in extension / excursion
activities
• Completion and performance in external courses such
as coaching, umpiring etc.

On completion students will have listed on their Senior
Certificate, an exit level of achievement for Recreation
Studies

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