RECREATION STUDIES
SURFING

[Authority Registered Subject]
AIMS:
Using the Health and Recreation Study Area core, we are aiming to:
• introduce students to firm, photography and video editing – aimed at critiquing and improving surfing skills
• develop surf awareness skills and gain first aid skills
• 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 competencies essential for the workforce
• develop a responsible attitude towards the safety, health and well-being of self and others in physical activity, recreation and work-related situations
• develop the ability to communicate effectively, using language accurately and appropriately in both written and oral formats
• nurture and enhance Surfing talent and gain an awareness of competitions and judging guidelines

Students choosing this subject are not required to have any surfing experience. However, student must be a competent swimmer.

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

UNITS OF WORK:
• Plan and conduct a surfing lesson
• Fitness and nutrition
• Travel research
• History of surfing
• Surfing awareness and skills
• Applied first aid
• Judging and tabulation
• Surf critiquing (film and photography)

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):
• students must be prepared to extend a lesson one morning or afternoon each week
• provide transport to venues to complete off campus units of work
• demonstrate appropriate behaviour, grooming and work ethic involving all school activities
• A subject fee applies to each Year 11 & 12 for field trips (buses) and learn to surf / advanced coaching

CAREERS:
The following people would be assisted by the study of this subject:
• 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)
• A person interested in a career or voluntary involvement in the pursuits of Surfing
• Students also develop skills involving retailing and manufacturing surfboards

ASSESSMENT:
• Physical skill performance
• Written tests and assignments
• Completion and performance in extension / excursion activities