

EDUCATION

Program



Sydney Uni
SPORT & FITNESS



EDUCATION PROGRAMS

FOR HIGH SCHOOL STUDENTS

Get your students involved in our exciting Education Programs; designed to both complement the current BOS NSW Stage 6 Syllabus PDHPE Preliminary and HSC Courses 2010, as well as enrich your students' knowledge and skills.

Our engaging PDHPE learning modules offer year 11 and 12 students the opportunity to apply their classroom knowledge in a variety of practical settings. These workshops are ideal as an introduction, midway break or refresher as part of your school's PDHPE curriculum. Four short workshops approx. 2.5 hours in length are available, allowing two to be completed within a day if required.

Develop your student's skill set by completing a First Aid Course or Sports Medicine Awareness and Taping course. Our First Aid courses are nationally accredited, Aust Swim and Work Cover approved, making them ideal for all those interested in, or requiring first aid qualifications.

Our Sports Medicine Awareness and Taping course provides a good foundation for understanding injury prevention and management. For those interested in becoming a sports trainer or coach, this course is perfect.



WHY CHOOSE SYDNEY UNI SPORT & FITNESS?

PROFESSIONAL INSTRUCTORS:

Sydney Uni Sport & Fitness instructors are highly skilled and knowledgeable. They possess:

- Tertiary qualifications in Human Movement and Health Education
- Experience in primary and secondary education teaching and learning
- Current First Aid qualifications
- Extensive coaching experience
- Certificate IV in Training and Assessment

GREAT TEACHING/LEARNING FACILITIES:

Students will be able to experience Sydney University life by learning within our excellent teaching labs at HK Ward Gymnasium which is situated amongst the grand surrounds of The University of Sydney and its beautiful sporting grounds.

All our training equipment is maintained according to national standards and students will enjoy a comfortable and supportive learning environment set by our proficient instructors.

PDHPE WORKSHOPS

MODULE 1:

TESTING PHYSICAL FITNESS AND MOVEMENT EFFICIENCY

Links with...Year 11: Core 2 The Body in Motion

Students are provided with exciting opportunities to actively participate in fitness and skills testing. During this time, they will also study the immediate effects of exercise on the cardiorespiratory system. Examples of fitness tests offered included 40m sprint with speed gates, VO2 sub max test, vertical jump with vertec and anaerobic power using the wingate bike.

By the end of the module students will possess an understanding of testing physical fitness and its relationship with movement efficiency, they will also have developed a personalised health and skills related fitness profile.

Outcomes Addressed: P8 (main focus), P11, P16, P17

MODULE 2:

BODY MECHANICS OF ROCK CLIMBING

Links with...Year 11: Core 2 The Body in Motion

Looking for an exciting way to help students learn about biomechanics? With this module students will feel and experience biomechanical principles and anatomical structures in action through participating in the dynamic sport of indoor rock-climbing.

Outcomes Addressed: P7, P9 (strong anatomy focus)



MODULE 3:

PHYSIOLOGICAL RESPONSE TO CARDIOVASCULAR TRAINING

Links with...Year 12: Core 2 Factors Affecting Performance

Add variety to your PDHPE program by allowing students to actively experience different types of training and the effects they have on the body. Students will gain an understanding of how energy systems are used as well as examine principles of training and different types of training methods used in sports.

Outcomes Addressed: H7, H8, H17

MODULE 4:

RESISTANCE TRAINING FOR IMPROVED PERFORMANCE

Links with...Year 12: Option 4 Improving Performance

Students will explore some of the considerations required and examine the role of weight/resistance training in improving performance. Use of VO₂ sub max tests and technology, including speed chutes and speed sleds are used to enhance student learning in this interactive course.

Outcomes Addressed: H7, H8, H10, H17

PRICE

\$18.00 per student per module

*Min. 10 students required



FIRST AID COURSES

Add great value to your skill set by completing a First Aid course with us. We'll provide you with the skills and knowledge to deal with common accidents and injuries as well as medical emergencies.

Gaining a first aid qualification is beneficial for everyone; however, for high school students in particular, our first aid courses will assist in enriching the year 11 option: First Aid (Outcomes addressed: P6, P12, P15, P16).

COURSES AVAILABLE

Choose from one of three convenient courses, depending on your needs or previous first aid qualifications:

1. APPLY FIRST AID

Apply First Aid: This one day course combines the completion of an informative workbook and a one-day hands-on practical training session. This course is perfect for you if you possess no prior first aid qualifications or if your previous qualifications have expired.

2. APPLY FIRST AID – REFRESHER

This course involves just one day of hands-on practical training with us. This course is perfect for you if you have a current first aid qualification and need to renew it.

3. CPR ONLY

This course provides an introduction. To the basic CPR technique of unconscious casualties and recovery positions find the application of the emergency action plan.

4. CPR REFRESHER

This course provides a revision of basic CPR technique, treatment of unconscious casualties, recovery position and application of the emergency action plan. This is essential for those wanting to keep their qualifications up to date.

On successful completion of a first aid course, you will receive:

- Certificate (HLTFA301B) or (HLTCPR201A)
- Accreditation Card
- First aid manual

BONUS: FREE face shield key ring (while stocks last)



WE CAN COME TO YOU! Offsite bookings can be made for our First Aid courses, but they will incur a travel fee.

PRICE

APPLY FIRST AID (Student) - \$130 p.p.

APPLY FIRST AID REFRESHER (Student) - \$95 p.p.

CPR (Student) - \$60 p.p.

CPR REFRESHER (Student) - \$50 p.p.

Please note a minimum of 10 students are required.



SPORTS MEDICINE AWARENESS & TAPING

Links with... Year 12 OPTION: Outcomes Addressed: H8, H13, H16, H17

Come and learn the basics of Sports Medicine and Taping in this comprehensive workshop that is endorsed and produced by Sports Medicine Australia. It is ideal for helping students explore HSC Option 3.

PART 1 – SPORTS MEDICINE AWARENESS

In part 1 of the course, students will examine the prevention of injury, first aid treatment for sports injuries, management of injuries and safe sports programs. Time: 2.5 hours

PART 2 - TAPING

Part 2 of the course offers students technical and practical advice for taping/strapping to prevent injuries, manage existing injuries and support. Taping techniques will cover the thumb, fingers and ankle. Time: 2.5 hours



YOUR CHOICE:

We are flexible to cater to your students' requirements.
Choose to do either:

Part 1 (Sports Medicine Awareness) plus Part 2 (Taping)
OR,
Part 2 (Taping)

Courses include:

- Certificate of attendance SMAC
- Certificate for Level 1 Sports Taping
- All equipment - including tape, resource book & handouts

WE CAN COME TO YOU!

Offsite bookings can be made for Sports Medicine Awareness and Taping courses, but they will incur a travel fee.

PRICE

Sports Medicine Awareness & Taping \$60.00 per student
Taping \$40.00 per student

*Min. 10 students required Other programs and services:

OTHER PROGRAMS AND SERVICES:

TENNIS

The Tennis program is managed by Tennis Australia Coach members who are qualified and certified teaching professionals, ensuring science based coaching practices, strong technical skills with a games based focus for juniors.

SWIMMING

Sydney Uni Sport & Fitness Swim School provides a unique, inventive and interesting approach to learning how to swim and squad training. Our philosophy to swimming ensures that swimmers find their time in the pool a challenging and positive experience.

SCHOOL SPORT

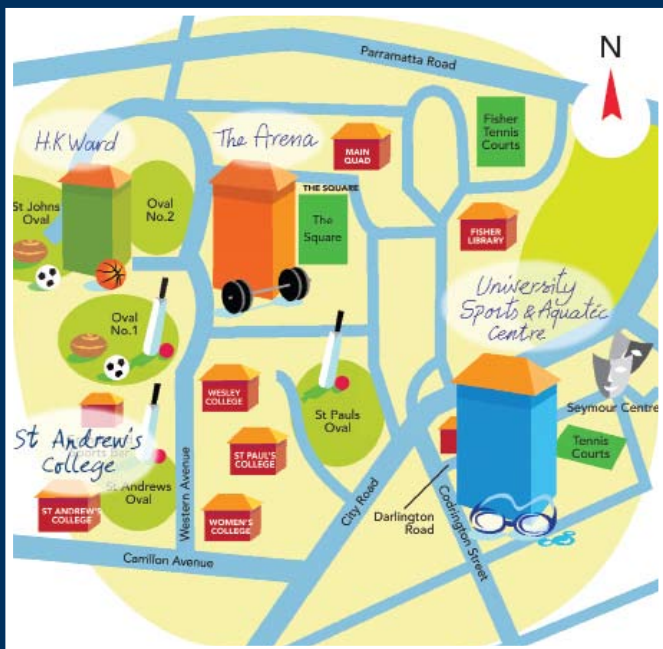
To help your students achieve at least 60 minutes of vigorous physical activity every day and also promote the development of their social and fundamental movement skills, Sydney Uni Sport & Fitness welcomes your school to take part in our Secondary School Sports Program.

SCHOOL HOLIDAY CAMPS

During the school holidays, Sydney Uni Sport & Fitness run a wide arrange of sports camps which are based on structured and proven skill level development programs. Our low coach/camper ratio (1:12) creates great connection and care.







For any queries please call 9351 8108 or
education@sport.usyd.edu.au

Course venue: H.K. Ward Gymnasium



Sydney Uni
SPORT & FITNESS

Uni Sports & Aquatic Centre | Codrington St, Darlington

The Arena Sports Centre | Western Avenue

H.K. Ward Gymnasium | Grose Farm Ln (Course Venue)

www.susf.com.au