

# Sport, Lifestyle & Recreation (2U)

NESA Endorsed Course

Does NOT count towards ATAR



# What do you study in SLR?

- Students will learn about the importance of a healthy lifestyle and recognise the need to be active, responsible and informed decision makers.
- This course encourages students to continue to develop their knowledge and understanding in the role of sport, a healthy lifestyle and recreation in everyday life.
- **Tip**
  - If you enjoy being active and learning about health this might be the course for you.



# What's the key difference between PDHPE and SLR?

- This subject is **more practical** based than the PDHPE course.
- Lots of practical lessons, also group work, class discussion and research of topic areas.
- **Important: SLR is a** NESA Endorsed course. It counts towards your HSC but does not have an HSC examination and does not contribute towards the calculation of your ATAR.
- Assessment – there are a variety of practical, written and online tasks.



# Course overview

Units that students and teacher select to make a course of study include:

1. Resistance Training
2. Coaching
3. Sports Administration
4. Composition and Performance
5. Healthy lifestyle
6. Individual game and sports application
7. Fitness
8. Aquatics
9. Outdoor education ....and more



# Why choose SLR?

Designed for students who enjoy physical activity and would like to seek employment within the health and sports industry.

It aims to:

- Develop in students an awareness of social and community values in the areas of sport, lifestyle and recreation.
- Promote an understanding of the interaction between society, sport, recreation and fitness.
- Identify how sport influences and affects various groups and sections of our society.
- Provide students with a greater understanding of their physical and sporting potential.
- Develop in students the ability to analyse and implement strategies that promote health, physical activity and enhanced performance.



# How will SLR help my future?

- The modules studied can prepare you in careers such as sports coaching, personal training, sports administration, being a professional athlete and a range of other health and sport related vocations.
- **Tip**
- TAFE - May count towards units for future study



# Further information

For further information, feel free to contact the PDHPE Faculty staff.

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Regards,

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