



SPORT SCIENCE

This course is designed to further extend your knowledge and understanding of physical education concepts, with a strong focus on biophysical principles and how they relate to human performance. Students will be involved in developing performance improvement programs, studying functional anatomy in practical sporting contexts and demonstration of interpersonal skills in a sports education environment. This course is suited to those students who would like to improve their performance on the sports field, those who would like to pursue the academic side of Physical Education.

Level 2: Detailed look at biophysical principles using video analysis and how these apply to performance improvement in your own sport

Level 3: A highly theoretical course. You will plan, implement, and evaluate a skill improvement program. You will use biophysical principles, skill learning theories, and video analysis and learn to challenge assumptions.



OUTDOOR EDUCATION

Year 11 Outdoor Education is a full year course and includes both theory and practical components. Students will be offered Achievement Standards contributing towards Level 1 NCEA. All assessments in Outdoor

Education are internal assessments.

The key areas of activity will focus on a range of summer and winter based activities such as kayaking, power kiting, scuba diving, sailing, surfing, stand up paddle boarding, archery, orienteering and tramping. Assessments will be based on both theory and practical aspects of the course, so success depends on students being fully committed to both.

Level 2: developing skills and experience in a wide range of adventure activities. There is a Whanganui River trip and an optional Samoa trip. You will also learn about go pro filming.

Level 3: Developing skills in a wide range of adventure activities. There is a skill trip which includes risk management and trip planning.



HEALTH

This course builds on the knowledge that students have gained from participating in Level 2 Health Education. Students will explore a range of attitudes, values and different practices that support and undermine health and well-being. Topics include health practices, New Zealand and International health issues and issues surrounding organ donation.

Students are posed with issues that face youth of today and are given the chance to make recommendations for change.

Level 2: This course is based around gender identity and expectations that concept of social justice. Resilience and giving back to the community, along with personal safety/

Level 3: This course is based around hard hitting ethical issues, obesity in NZ, and HIV/AIDS in South East Asia. This course allows students to look at the big picture and is good preparation for students interested in the health sector.



RECREATION

This course is aimed at students who enjoy the practical side of Physical Education. Students will learn how to reflect on their personal involvement in sport and leisure activities and identify factors that influence their enjoyment. They will be assessed in a team and individual sport context and run a Sports Education model with a focus on interpersonal skills. An enjoyment of physical activity is necessary for those wishing to take this course, along with a willingness to try new activities. It includes both practical and theory components and students will focus on one achievement standard per term.

Level 2: Students will develop advanced physical skills in a number of different contexts, including team, individual and outdoor pursuit activities with an in depth look at safety management. This will run achievement standards and unit standards. This course is the B version of the recreation course and runs different level two standards than the 2015 course.

Health & PE, Courses offered at WHS

Health Education Achievement Standards



Health Education
Level 1

Health Education
Level 2

Health Education
Level 3

Physical Education Achievement Standards



Sports Science
Level 1

Sports Science
Level 2

Sports Science
Level 3



Outdoor Education
Level 1

Outdoor Education
Level 2

Outdoor Education
Level 3

Scholarship Examination

Recreation Unit Standards & Achievement Standards



Recreation
Level 1

Recreation
Level 2
Version A & B