

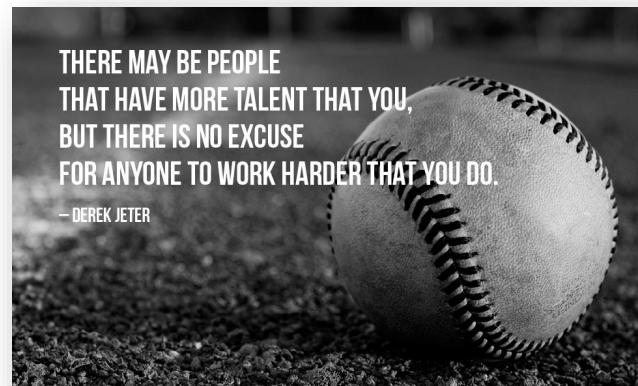
BENEFITS OF STUDYING ATHLETE DEVELOPMENT

Athlete Development focuses on sports specific learning. The course prepares students with the necessary critical elements leading to an improvement in their chosen sport emphasising technical development, physical preparation and sports specific knowledge.

This course provides students with an athlete development program based around individual need. The course can be adapted to the students preferred sport and students will be given opportunities to prepare and improve their overall athletic performance. The course adequately prepares students for possible scholarship entry into The Tasmanian Institute of Sport and the Australian Institute of Sport.

PRE-REQUISITES

- Play in a recognised sporting competition in the year they undertake the course
- Be involved in a physical preparation and technical training program
- Undertake appropriate fitness tests during their program of study. These will be at regular intervals throughout the course
- Regularly meet with their teacher and their coach. The coach must be qualified in the students sport or be nominated by the sport's peak body
- Maintain a Training Diary



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DEPARTMENT OF
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ATHLETE DEVELOPMENT 2



Department of Education
Hellyer College



WHAT YOU WILL STUDY

Athlete Development consists of three modules:

- **Module 1** - Specialist and Technical Coaching/Training
- **Module 2** - Physical Preparation and Performance Measurement
- **Module 3** - Sports Knowledge Tutorials

Module 1

Students must be undertaking a recognised sporting competition in the calendar year the module is undertaken. The student will work with a qualified coach and be overseen by the teacher. In this module the athlete will undertake the practical elements of training. Maintaining a Training Diary is mandatory.

Module 2

The implementation of a physical preparation and technical training program is fundamental to improving athletic performance. There will be a focus on:

- Understanding fitness
- Methods of strength and conditioning
- Program planning
- Fitness testing and measurement

Module 3

Students will complete (5) compulsory units and (1) optional unit.



Compulsory Units:

- Goal Setting
- Basic Physiology
- Nutrition and Recovery
- Injury Prevention and Management
- Competition

Optional Units:

- Coaching
- Refereeing
- Program Planning

LEARNING ACTIVITIES

- Maintaining an up to date Training Diary
- Developing and participating in a personalised training program aligned with your chosen sport.
- Experiencing a range of exercise and training techniques.
- Fitness testing.
- Completing written tasks and associated study aligned with the learning and knowledge to be covered within each module.

