RUGBY LEAGUE

A detailed program has been developed covering the following teaching concepts. These concepts have been linked to the current Health and Physical Education (HPE) syllabus document that enhances attitudes of students toward healthy lifestyles, nutrition and exercise and assists in the development of student skills and fitness needed for continued involvement in physical activity. Some of the issues to be touched upon are as follows:

- Exercise Physiology
- Sports Psychology
- Nutrition / Nutrition for Sports People
- Coaching
- Refereeing
- Career development
- Training Programs – Strength and Conditioning
- Injury/Injury Prevention

The Year 9 program is primarily practically based with no set theory assessment. The practical aspect will focus on individual attaching and defensive skills, game play, tactics and motor skill development such as evasion, ball handling, tackling, passing and movement efficiency. Students will also learn roles and objectives of specific positions as well as patterns of play.

TOPICS OF STUDY / EMPHASIS

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<th>Semester 1</th>
<th>Semester 2</th>
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<td>Physical Testing - speed, strength, power, endurance, agility, flexibility</td>
<td>Game Analysis</td>
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<tr>
<td>Skills and Drills – fitness, techniques, tactics</td>
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<td>Strength and conditioning - power</td>
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<td>Injury management</td>
<td>Off season strength and conditioning</td>
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<td>Gym program development</td>
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Assessment
- Fitness Testing
- Work ethic
- Practical Skill Assessment

Where will this subject lead? Students who display a high level of commitment and application to the subject will have the opportunity to apply for entry into the Year 10 Rugby League Academy. The subject will assist students in selecting senior subjects offered in the Physical Education Department such as Physical Education, Physical Recreation and Senior Rugby League. As well, the subject develops social and personal skills that will assist students in becoming positive members within the community.