

15 TCE Points



You will work through the following units as part of Athlete Development

UNIT 1- Specialist and Technical Coaching/Training: During this unit athletes will work with qualified coaches and teachers as they complete required activities in their nominated sports. They will develop knowledge, skills and experience to improve their performance through training and journalling.

UNIT 2 – Physical Preparation and Performance Measurement: Athletes will prepare and implement a training program with the focus on improving athletic performance. This will be achieved through their knowledge and understanding of components of fitness, testing, training methods, strength and conditioning.

UNIT 3 – Sports Knowledge Tutorials: Athletes will develop an understanding of the critical elements that impact sports performance including: Goal Setting, Basic Physiology, Nutrition and Recovery and injury prevention.

How you'll be assessed:

Common types of internal assessments are:

- Weekly Training Journal
- Written Assignments

To be successful in this subject you will need to:

- Demonstrate a strong work ethic, motivation and commitment to developing their own personal goals.
- Communicate ideas and information in a variety of forms.
- Create a positive group environment and a culture of teamwork.

COMPLETION OF WORK

Assessment due dates are provided in the Program of Learning and on Canvas. Work must be submitted by the due date unless an approved extension has been granted. Unapproved late submissions will incur penalties as outlined in the *Completion of Work Policy*. Students needing extensions should contact their subject teacher before the due date with valid reasons, such as illness or unforeseen circumstances.

For more details refer to the Launceston College: [Completion of Work Policy](#).

ACADEMIC INTEGRITY

All senior secondary students in Tasmania are expected to uphold academic integrity, meaning they complete their work honestly and fairly. This includes properly referencing any ideas, images, or information borrowed from others, allowing teachers to distinguish between original and sourced content.

Assignments will be submitted through Canvas, email, hard copy as directed in the task sheet.

For more details, refer to the Launceston College: [Academic Integrity Policy](#).

REFERENCING

The Harvard referencing system is recommended for Athlete Development.

- create appropriate reference lists/bibliographies and use in-text referencing.
- clearly identifies the information, images, ideas and words of others used in the student's work.

COURSE DOCUMENT

The TASC website provides considerable information about the course. [Athlete Development - TASC](#)

OTHER COURSE REQUIREMENTS

Be prepared with appropriate active wear and if necessary, sporting equipment that applies to your chosen sport.

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Intro – Flight Deck (Complete Profiles)	Yr 11s and 12's return February 8 (Thursday) Students return Profile
2	10 Feb	Time Trial /Fitness Gym Tour/ Training Journal, Coach report, Monthly review/ Testing Prep	Monthly review #1
3	17 Feb	Fitness Testing/Annual Comp & Training plan/ Fitness Testing	Coaching report #1
4	24 Feb	Fitness Testing/Annual Comp & Training plan/ Fitness Testing	Wed 26 Feb – Launceston Cup
5	3 Mar	Seaport TT/Small sided games/ Fitness Testing Theory & lab report/ Sport Specific Skills	
6	10 Mar	TD Fartlek Session/Boxing/Gym/Swim/ Fitness Testing Theory & lab report/ Sport Specific Skills	Mon 10 Mar – Public Holiday Goal Setting Due Monthly review #2
7	17 Mar	TD Fartlek Session/Boxing/Gym/Swim/ Fitness Testing Theory & lab report/ Sport Specific Skills	
8	24 Mar	TD Fartlek Session/Boxing/Gym/Swim/ Fitness Testing Theory & lab report/ Sport Specific Skills	
9	31 Mar	TD Fartlek Session/Boxing/Gym/Swim/ Fitness Testing Theory & lab report/ Sport Specific Skills	
10	7 Apr	Seaport TT/Games/SMARTER Goals + Time Management/Sports Specific Skills	Fitness Testing Lab Report Due
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	TD (opt in) Agility, Plyometrics, Mobility or Core/SMARTER Goals/Time Management/Sport Specific Skills	Monthly review #3
2	5 May	TD (opt in) Agility, Plyometrics, Mobility or Core/ 5-week Training Program/Sport Specific Skills	SMARTER Goals + Time Management DUE
3	12 May	Sport Specific Conditioning / 5-week Training Program / Sport Specific Skills	Coaches Report #2
4	19 May	Sport Specific Conditioning / 5-week Training Program / Sport Specific Skills	5 Week Training Program COMPLETE but not submitted
5	26 May	Sport Specific Conditioning / Nutrition and Recovery / Sport Specific Skills	
6	2 June	Sport Specific Conditioning / Nutrition and Recovery / Sport Specific Skills	Monthly review #4 Fri 6 June - Moderation Day (LC students work from home)
7	9 June	Sport Specific Conditioning / Nutrition and Recovery / Sport Specific Skills	Mon 9 June – Public Holiday
8	16 June	Sport Specific Conditioning / Nutrition and Recovery / Sport Specific Skills	
9	23 June	Sport Specific Conditioning / Basic Physiology / Sport Specific Skills	Mid-Year Assessments Level 3 & 4
10	30 June	Sport Specific Conditioning / Basic Physiology / Sport Specific Skills	Mid-Year Assessments Level 3 & 4 Monthly review #5 + Nutrition assignment (pre + post meal plan) DUE
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	Sport Specific Conditioning / Basic Physiology / Sport Specific Skills	
2	28 July	Sport Specific Conditioning / 5-week Training Program REVIEW/REFLECT/REVISE / Basic Physiology – Energy Systems Assignment / Sport Specific Skills	5-week Training Program – revised and submitted, including refecation
3	4 Aug	Sport Specific Conditioning / Basic Physiology – Energy Systems Assignment / Sport Specific Skills	Coaches Report #3
4	11 Aug	Sport Specific Conditioning / Injury Prevention / Sport Specific Skills	Basic Physiology – Energy Systems Assignment DUE Monthly review #6
5	18 Aug	Sport Specific Conditioning / Injury Treatment / Sport Specific Skills	
6	25 Aug	Sport Specific Conditioning / Injury Revision / Sport Specific Skills	
7	1 Sep	Sport Specific Conditioning / Injury Test / Sport Specific Skills	
8	8 Sep	Sport Specific Conditioning inc Recovery Options for those in Off-Season / Season Review / Sport Specific Skills or Recovery	Monthly review #7
9	15 Sep	Sport Specific Conditioning inc Recovery Options for those in Off-Season / Season Review / Sport Specific Skills or Recovery	
10	22 Sep	Sport Specific Conditioning inc Recovery Options for those in Off-Season / Season Review / Sport Specific Skills or Recovery	
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	LC's Greatest Athlete – Individual and Team Competition	Season Review DUE
2	20 Oct	LC's Greatest Athlete – Individual and Team Competition	
3	27 Oct	LC's Greatest Athlete – Individual and Team Competition	
4	3 Nov	LC's Greatest Athlete – Individual and Team Competition	Mon 3 Nov – Public Holiday
Exams begin (Monday 10th November) - Exams end (Thursday 20th November)			

ASSESSMENT

Criterion-based assessment helps students see how well they're meeting course outcomes at the end of their study. While there is continuous feedback to guide learning, final assessments focus on showing what students have achieved by the end. Ratings are given as 'A', 'B', or 'C', based on course standards. A 't' indicates partial achievement below a 'C', and a 'z' means no evidence provided.

Schools follow TASC's quality assurance to keep standards consistent. More details are on the [TASC website](#). Final awards are based on both internal and TASC-supervised external assessments.

Criteria

The assessment for **Athlete Development** will be based on the degree to which the student can:

1. Understand and apply methods of physical preparation and fitness testing to maximise personal performance
2. Demonstrate personal planning and organisational skills
3. Implement a physical preparation and technical training program
4. Communicate ideas and information
5. Demonstrate knowledge and understanding of the factors that influence personal sporting performance

Award Requirements

The minimum requirements for an award in **Athlete Development** are as follows:

Exceptional Achievement 4 'A' ratings, 1 'B' rating

High Achievement 2 'A' ratings, 2 'B' ratings, 1 'C' rating

Commendable Achievement 2 'B' ratings, 3 'C' ratings

Satisfactory Achievement 5 'C' ratings

Preliminary Achievement 3 'C' ratings

A student who otherwise achieves the rating for a SA (Satisfactory Achievement) award but who fails to show any evidence of achievement in one or more criteria ('z' notation) will be issued with a PA (Preliminary Achievement) award.