

SPT315118 Sport Science 3

15 TCE Points



You will work through the following three discipline areas as part of Sport Science 3

Exercise Physiology A & B

The study and preparation of athletes; how to improve their performance under stress in both training and competition; how their bodies produce energy for physical activity; understanding how they recover; the theory behind training programs; and what it means physiologically to be fit.

Skill Acquisition

Analysis of motor skills and learning, particularly focussing on: teaching and coaching; the importance of reaction time; and the study of biomechanics, including the use of technology to analyse and improve skill execution.

Sport Psychology

Examines the mental aspects required for preparing participants for sporting activities. It also considers the cognitive processes that occur and how they impact on sporting performance.

This course also includes analysis and interpretation of specific sport science data and information, as well as an understanding of cross-discipline links between the three discipline areas.

How you'll be assessed:

Common types of internal assessments are:

- Investigative Projects and Reports
- In-class tests including short answers and extended responses
- Data Analysis

To be successful in Sport Science 3 the following are required:

- Data analysis and key fact retention
- Strong research and writing skills
- Dedication towards study and general sports knowledge

The external assessment for this subject is a 3-hour exam. The dates for external exams in November are non-negotiable.

Completion of Work Policy

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 Sport Science 3. The standards for criterion 8 state that a student must:

- clearly differentiates the information, images, ideas and words of others from the learner's own
- correctly follows referencing conventions and methodologies
- creates and maintains accurate, and organised reference lists/bibliographies

COURSE DOCUMENT

The TASC website provides considerable information about the course: [Sport Science - TASC](#)

OTHER COURSE REQUIREMENTS

There are no special requirements for this course, however, it is advised that you have an exercise book, or loose-leaf paper/pad paper, and a display folder/binder for handouts.

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Introduction / Psychology (4.1 Confidence)	<i>Yr 11s and 12's return February 8 (Thursday)</i>
2	10 Feb	Psychology (4.2 Goals & 4.4 Motivation)	
3	17 Feb	Psychology (4.4 Motivation & 4.5 Arousal)	Psych TEST 1 Criterion 4 (4.1,4.24.4 & 4.5)
4	24 Feb	Psychology (4.3 Pre comp & 4.5 Anxiety/Stress)	
5	3 Mar	Psychology (4.3 Coping & 4.6 Attention)	
6	10 Mar	Psychology (4.7 Visualisation) + Data	Psych TEST 2 Criteria 4 and 5 (4.3, 4.6 & 4.7)
7	17 Mar	Exs Phys A (1.1 ATP and energy systems)	
8	24 Mar	Exs Phys A (1.1 Energy systems continued)	
9	31 Mar	Exs Phys A (1.2 Oxygen transport)	Minor Assessment – Energy system interplay
10	7 Apr	Exs Phys A (1.2 Vo2)	Exs Phys Test 1 of Criterion 1 (1.1 & 1.2)
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	Exs Phys A (1.3 Acute/Chronic responses)	
2	5 May	Exs Phys B (2.2 Fatigue & Nutrition)	Aerobic Lab report
3	12 May	Exs Phys B (2.2 EPOC & Recovery)	Exs Phys Test 2 Criteria 1 & 2 (1.3 & 2.2)
4	19 May	Exs Phys B (2.2 Rest Days/over training/Doms)	
5	26 May	Exs Phys B (2.1 Fitness comp & methods)	
6	2 June	Exs Phys B (2.1 Training year)	Exs Phys Test 2 Criteria 2 & 5 (2.2 & data)
7	9 June	MYE Revision	<i>Mon 9 June – Public Holiday</i> Exs phys Test 2 feedback
8	16 June	Mid Years	
9	23 June	Mid Years	Mid-Year Assessments Level 3 & 4
10	30 June	Cross discipline Links	Mid-Year Assessments Level 3 & 4
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	Skill Aq (3.1 Motor skills & learning)	
2	28 July	Skill Aq (3.2 Types of practice & Info process)	
3	4 Aug	Skill Aq (3.3 Info process & reaction time)	Criteria 6 (CDL) Test 2
4	11 Aug	Skill Aq (3.5 Memory)	Skill Test 1 Criteria 3 (Skill Test 1 3.1-3.6)
5	18 Aug	Skill Aq (3.7 Kinematics, Kinetics)	
6	25 Aug	Skill Revision + Data	Skill Test 2 Criteria 3 (Test 2 C3, C5, C6)
7	1 Sep	Student investigation	
8	8 Sep	Student investigation	
9	15 Sep	Student investigation	
10	22 Sep	Psychology case study	Student investigation due / CDL TEST 4
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	Retest	
2	20 Oct	Exam revision	
3	27 Oct	Exam revision	
4	3 Nov	Exam revision	
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 Sport Science Level 3 will be based on the degree to which the learner can:

- 1. describe and analyse physiological aspects of exercise*
- 2. analyse and explain physiological responses to training and recovery*
- 3. analyse and discuss concepts of skill acquisition in sport*
- 4. examine and discuss how sport psychology influences athletic performance*
- 5. analyse and interpret sport science data and information*
- 6. examine and discuss cross-discipline links*
- 7. access, research and analyse information
- 8. communicate information in a variety of forms

Note: * denotes criteria that are both externally and internally assessed

Award Requirements

The final award will be determined by Tasmanian Assessment, Standards and Certification from 14 ratings (8 from the internal assessment, 6 from external assessment).

The minimum requirements for an award Sport Science Level 3 are as follows:

EXCEPTIONAL ACHIEVEMENT (EA)

12 'A' ratings, 2 'B' ratings (5 'A' ratings, 1 'B' rating from external assessment)

HIGH ACHIEVEMENT (HA)

6 'A' ratings, 6 'B' ratings, 2 'C' ratings (2 'A' ratings, 3 'B' ratings and 1 'C' rating from external assessment)

COMMENDABLE ACHIEVEMENT (CA)

8 'B' ratings, 5 'C' ratings (2 'B' ratings, 3 'C' ratings from external assessment)

SATISFACTORY ACHIEVEMENT (SA)

12 'C' ratings (4 'C' ratings from external assessment)

PRELIMINARY ACHIEVEMENT (PA)

7 'C' ratings

A student who otherwise achieves the ratings for a CA (Commendable Achievement) or 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.