



You will work through the following units as part of Sport Science Foundation

Unit 1 Body Systems: The body has several systems, including the circulatory, respiratory, muscular Skeletal and Articular system. Each system has specific functions that will be explored.

Unit 2 Fitness: This unit relates to Fitness, particularly how it can be assessed and developed through components of fitness, testing and profiling.

Unit 3: Sports Knowledge and involvement in sport: Students will gain a basic background on a selection of sports and activities. This will equip learners with the knowledge and skills to take part in sport activities, instruct others or to undertake administrative roles.

Unit 4: Science of Performance: This unit will develop student knowledge in the areas of physiology, skill acquisition and psychology through the lens of skill development, analysis and goal setting.

Unit 5: Unit of inquiry: Is designed to allow learners to cover current issues that relate to sport in society, and which are of interest to the student.

How you'll be assessed:

Common types of internal assessments are:

- Open book quiz & activities
- Lab reports
- Group planning and presentations

To be successful in this subject you will need to:

- Communicate ideas and information in a variety of forms
- Plan, organise and conduct physical activities for individuals and groups
- Display skills that enables them to undertake Sport Science research tasks

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 Sport Science Foundation.

- 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. [Sport Science - Foundation - TASC](#)

OTHER COURSE REQUIREMENTS

Sport Science Foundation has some practical elements but is a theory-based subject.

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Intro / Course Overview	<i>Yr 11s and 12's return February 8 (Thursday)</i>
2	10 Feb	UNIT 1 – BODY SYSTEMS – Anatomical Terms	
3	17 Feb	Skeletal System	
4	24 Feb	Articular System	
5	3 Mar	Muscular System	
6	10 Mar	Musculoskeletal Revision	Musculoskeletal TEST
7	17 Mar	Respiratory System	Respiratory System – Assessment
8	24 Mar	Circulatory System	
9	31 Mar	Circulatory System	Heart Rate Lab
10	7 Apr	Unit Revision	
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	Transport and Supply of Oxygen	
2	5 May	Energy Systems	
3	12 May	Energy Systems	
4	19 May	Energy Systems Assignment	Energy Systems Group Presentations
5	26 May	Nutrition and Energy	
6	2 June	UNIT 2: FITNESS – Components of Fitness	
7	9 June	Fitness Testing and Profiling	Fitness Testing Lab
8	16 June	Fitness Programs	
9	23 June	Training Methods	<i>Mid-Year Assessments Level 3 & 4</i> Training Methods Presentation
10	30 June	Unit Revision	<i>Mid-Year Assessments Level 3 & 4</i>
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	UNIT 4: SCIENCE OF PERFORMANCE	
2	28 July	Impact of Psychology	PMR Reflection
3	4 Aug	Skills and Learning	
4	11 Aug	Skills and Learning	
5	18 Aug	Skill Analysis	
6	25 Aug	Skill Analysis	Skill Analysis Assignment
7	1 Sep	UNIT: 5 UNIT OF INQUIRY	
8	8 Sep	Unit of Inquiry	
9	15 Sep	Unit of Inquiry	
10	22 Sep	Unit of Inquiry	Unit of Inquiry Assignment
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	UNIT 3: Sports Knowledge and Improvement	
2	20 Oct	Coaching & Administration	
3	27 Oct	Coaching & Administration	
4	3 Nov	Coaching & Administration	Coaching & Administration Presentations
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 — Foundation, Level 2, will be based on the degree to which the learner can:

1. communicate ideas and information in a variety of forms
2. describe human body systems and how they interact during exercise
3. identify and explain factors that influence involvement in physical activity and fitness development
4. compare and explain impacts of regulations, administrative and safety considerations across a range of sporting contexts
5. describe how physiological, psychological and skill acquisition concepts influence performance
6. describe fundamental principles and methods used in sports science research and performance testing
7. plan, organise and conduct sports related activities
8. effectively work both independently and cooperatively across various roles in sport.

Award Requirements

The minimum requirements for an award in Sport Science - Foundation Level 2 are as follows:

Exceptional Achievement (EA)

7 'A' ratings, 1 'B' rating

High Achievement (HA)

3 'A' ratings, 4 'B' ratings, 1 'C' rating

Commendable Achievement (CA)

3 'B' ratings, 3 'C' ratings

Satisfactory Achievement (SA)

6 'C' ratings

Preliminary Achievement (PA)

4 'C' ratings

A learner who otherwise achieves the rating for a CA (Commendable Achievement) or 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.