

HSC PDHPE – Term 3 Scope & Sequence

Week	Subject Content
1	<ul style="list-style-type: none"> • Commence final option : 'Sports Medicine' • Ways to classify sports injuries • Soft tissue injuries • Hard tissue injuries
2	<ul style="list-style-type: none"> • Assessment of injuries (TOTAPS) • Specific demands - Children and young athletes • Medical conditions – Asthma, diabetes and epilepsy • Overuse injuries; Thermoregulation • Appropriateness of resistance training
3	<ul style="list-style-type: none"> • Specific demands for Adult and Aged athletes (Heart conditions, fractures/bone density, flexibility) • Specific demands for female athletes (Eating disorders, iron deficiency, bone density, pregnancy) • Physical preparation (pre-screening, skill and technique, etc.)
4	<ul style="list-style-type: none"> • Sports policy and the sports environment • Environmental considerations
5	<ul style="list-style-type: none"> • Taping and bandaging • Rehabilitation procedures
6	<ul style="list-style-type: none"> • Return to play criteria • Preparation for Assessment Task 4 : Sports Medicine
7	<p>Assessment Task 4 : Sports Medicine (20%). <u>In class task</u>. Task notification will be distributed in W4</p>
8	<ul style="list-style-type: none"> • Revision, timed extended response questions, completion of summaries and individual feedback
9	<ul style="list-style-type: none"> • Revision, timed extended response questions, completion of summaries and individual feedback • Feedback from Assessment Task 4 : Sports Medicine