

**Varsity College**  
**Year 10 ADP - Semester 1, 2023**

| Week   | Date   | Topics  | Assessment                |
|--|--|---|---------------------------|
| 1  | 23-27 January<br>Australia Day PH - Thurs              | <ul style="list-style-type: none"> <li>Introduction to unit: My Sport Science (Enhancing athlete performance)</li> </ul>  |                           |
| 2  | 30 Jan – 3 Feb<br>Swimming Carnival - Mon              | <ul style="list-style-type: none"> <li>Measuring athlete potential (Fitness Testing, player analytics, Vo2 Max)</li> </ul>  |                           |
| 3  | 6-10 February  | <ul style="list-style-type: none"> <li>Measuring and enhancing team performance (Individual player statistics, team statistics, opposing team statistics)</li> </ul>                        |                           |
| 4  | 13-17 February   | <ul style="list-style-type: none"> <li>Measuring and enhancing individual performance (Physiology, psychology, biomechanics, motor Control)</li> </ul>                                      |                           |
| 5  | 20-24 February   | <ul style="list-style-type: none"> <li>Measuring and enhancing athlete recovery and injury prevention (RPE, HRR, GPS Tracking, Neuromuscular Tracking)</li> <li>Sleep Monitoring</li> </ul> |                           |
| 6  | 27 Feb – 3 Mar   | <ul style="list-style-type: none"> <li>Report Planning</li> </ul>   |                           |
| 7  | 6-10 March<br>GIPSA - Wednesday                        | <ul style="list-style-type: none"> <li>Report Planning</li> </ul>   |                           |
| 8  | 13-17 March  | <ul style="list-style-type: none"> <li>Report Planning</li> </ul>   | <b>Report – Lesson 3</b>  |
| 9  | 20-24 March  | <ul style="list-style-type: none"> <li>Applying term knowledge to game play to enhance performance (Badminton/Touch/Softball)</li> </ul>  |                           |
| 10   | 27-31 March<br>Cross Country - Thurs                   | <ul style="list-style-type: none"> <li>Applying term knowledge to game play to enhance performance (Badminton/Touch/Softball)</li> </ul>  |                           |
| <b>School Holidays: Saturday April 1 – Sunday April 16</b> |  |   |                           |
| 1  | 17-21 April  | <ul style="list-style-type: none"> <li>Introduction to unit: Careers in Sport</li> </ul>  |                           |
| 2  | 24-28 April<br>ANZAC Day PH - Tues                     | <ul style="list-style-type: none"> <li>Careers in Sport: Physiotherapy and Physiology</li> </ul>  |                           |
| 3  | 1-5 May<br>Labour Day PH - Monday<br>GIPSA - Wednesday | <ul style="list-style-type: none"> <li>Careers in Sport: Teaching and Coaching</li> </ul>   |                           |
| 4  | 8-12 May   | <ul style="list-style-type: none"> <li>Careers in Sport: Sports Psychology</li> </ul>   |                           |
| 5  | 15-19 May<br>GIPSA - Wednesday                         | <ul style="list-style-type: none"> <li>Careers in Sport: Sport Nutrition and Health</li> </ul>  |                           |
| 6  | 22-26 May<br>GIPSA - Wednesday                         | <ul style="list-style-type: none"> <li>Careers in Sport: Player Agents/ Managers and Sport Administration</li> </ul>  |                           |
| 7  | 29 May – 2 June  | <ul style="list-style-type: none"> <li>Project planning</li> </ul>  |                           |
| 8  | 5-9 June<br>GIPSA - Wednesday                          | <ul style="list-style-type: none"> <li>Project planning</li> </ul>  |                           |
| 9  | 12-16 June   | <ul style="list-style-type: none"> <li>Project planning</li> </ul>  | <b>Project – Lesson 3</b> |
| 10   | 19-23 June   | <b>Exam Block</b>   |                           |
| <b>School Holidays: Saturday June 24 – Sunday July 9</b>   |  |   |                           |