

## Varsity College Year 10 ADP – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> <li>Introduction to unit: My Sport Science (Enhancing athlete performance)</li> </ul>	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> <li>Measuring athlete potential (Fitness Testing, player analytics, Vo2 Max)</li> </ul>	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> <li>Measuring and enhancing team performance (Individual player statistics, team statistics, opposing team statistics)</li> </ul>	
4	12-16 February	<ul style="list-style-type: none"> <li>Measuring and enhancing individual performance (Physiology, psychology, biomechanics, motor Control)</li> </ul>	
5	19-23 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	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> <li>Report Planning</li> </ul>	
7	4-8 March	<ul style="list-style-type: none"> <li>Report Planning</li> </ul>	<b>Investigation draft – Lesson 3</b>
8	11-15 March	<ul style="list-style-type: none"> <li>Report Planning</li> </ul>	
9	18-22 March GC24 - Thursday	<ul style="list-style-type: none"> <li>Applying term knowledge to game play to enhance performance (Badminton/Touch)</li> </ul>	<b>Investigation – Lesson 2</b>
10	25-29 March Good Friday PH	<ul style="list-style-type: none"> <li>Applying term knowledge to game play to enhance performance (Badminton/Touch)</li> </ul>	
<b>School holidays: Friday March 29 - Sunday April 14</b>			
1	15-19 April Cross Country - Wed	<ul style="list-style-type: none"> <li>Introduction to unit: Careers in Sport</li> </ul>	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> <li>Careers in Sport: Physiotherapy and Physiology</li> </ul>	
3	29 Apr-3 May	<ul style="list-style-type: none"> <li>Careers in Sport: Teaching and Coaching</li> </ul>	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> <li>Careers in Sport: Sports Psychology</li> </ul>	
5	13-17 May	<ul style="list-style-type: none"> <li>Careers in Sport: Sport Nutrition and Health</li> </ul>	
6	20-24 May	<ul style="list-style-type: none"> <li>Careers in Sport: Player Agents/ Managers and Sport Administration</li> </ul>	
7	27-31 May	<ul style="list-style-type: none"> <li>Project planning</li> </ul>	<b>Project Draft – Lesson 3</b>
8	3-7 June	<ul style="list-style-type: none"> <li>Project planning</li> </ul>	
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> <li>Project planning</li> </ul>	<b>Project – Lesson 2</b>
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> <li><b>Exam Block</b></li> </ul>	
<b>School holidays: Saturday June 22 - Sunday July 7</b>			