

Varsity College Year 10 ADP 2025

Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> Introduction to unit: My Sport Science (Enhancing athlete performance) 	
2	3-7 February	<ul style="list-style-type: none"> Measuring athlete potential (Fitness Testing, player analytics, Vo2 Max) 	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> Measuring and enhancing team performance (Individual player statistics, team statistics, opposing team statistics) 	
4	17-21 February	<ul style="list-style-type: none"> Measuring and enhancing individual performance (Physiology, psychology, biomechanics, motor Control) 	
5	24-28 February	<ul style="list-style-type: none"> Measuring and enhancing athlete recovery and injury prevention (RPE, HRR, GPS Tracking, Neuromuscular Tracking) Sleep Monitoring 	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> Report Planning 	
7	10-14 March	<ul style="list-style-type: none"> Report Planning 	
8	17-21 March	<ul style="list-style-type: none"> Report Planning 	
9	24-28 March	<ul style="list-style-type: none"> Applying term knowledge to game play to enhance performance (Badminton/Touch) 	Investigation – Lesson 2
10	31 March - 4 April	<ul style="list-style-type: none"> Applying term knowledge to game play to enhance performance (Badminton/Touch) 	
School holidays: Friday April 4 - Sunday April 19			

Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	<ul style="list-style-type: none"> Introduction to unit: Careers in Sport 	
2	28 April-2 May	<ul style="list-style-type: none"> Careers in Sport: Physiotherapy and Physiology 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> Careers in Sport: Teaching and Coaching 	
4	12-16 May	<ul style="list-style-type: none"> Careers in Sport: Sports Psychology 	
5	19-23 May	<ul style="list-style-type: none"> Careers in Sport: Sport Nutrition and Health 	
6	26-30 May	<ul style="list-style-type: none"> Careers in Sport: Player Agents/ Managers and Sport Administration 	
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> Project planning 	
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> Project planning 	
9	16-20 June	<ul style="list-style-type: none"> Project planning 	Project – Lesson 3
10	23-27 June	<ul style="list-style-type: none"> Exam Block 	
School holidays: Saturday June 28 - Sunday July 13			