

Mitchelton SHS Excellence Program



Sports Excellence

Description of Program

Mitchelton State High School recognizes the value of engaging students by nurturing their unique interests and talents through the delivery of specialised elective programs. Sport Excellence Education is designed to develop players physically, socially and emotionally through a direct link to their sporting interest. Students involved within the program can expect to be a part of a team culture that instils the school values of respect, accountability and participation.

The program strives to extend and challenge students' knowledge and abilities through the provision of specialised units of study and in depth exploration of relevant areas of education. This will include general umpiring principles, physical fitness, training programs, coaching, games analysis and, sports psychology, as well as access to specialised coaching and advanced training methods.

Course Aims

Sport Excellence Education strives to develop each student by providing a thorough learning experience in all aspects of the sport environment including:

- A range of skills applicable to the different categories of sport
- Understanding of game play and developing their ability to reflect on individual and team performance
- Developing communication strategies to be an effective player, official or team coach
- Understanding fitness components to be able to apply and implement training programs relevant to help develop their sporting ability
- Developing student character

Benefits of Program

Students will:

- Gain confidence
- Develop knowledge and skills
- Learn how to work in a group
- Experience the thrill of successful outcomes
- Learn persistence and
- Enjoy being creative and have fun!

Future Pathways

The **Sports Excellence** program provides students with opportunities to participate in activities that develop and refine the skills that are needed to become a successful sports person. This may lead to future career pathways in the health, fitness and sporting fields.

While many students may follow these career pathways, Sports Excellence also prepares students for other industries as many skillsets are developed through the range of activities explored in the subject. Students learn valuable teamwork skills through problem solving, team sports and group tasks which will build their communication and leadership skills for the workforce.

Students can choose to further their studies in Senior through: Physical Education, Certificate III in Sport and Recreations

Beyond schooling – University pathways - Exercise and movement science type degrees, coaching