

# SUBJECT OUTLINE

## 1. General subject information

<b>Subject code and name:</b>		
SPO140 High Performance II		
<b>Subject type:</b>	<b>Credit points:</b>	
Core	3 credit points	
<b>Pre-requisite/Co-requisite:</b>	<b>Subject level:</b>	
None	100	
<b>Subject workload:</b>		
To successfully complete this subject, you should plan to commit a reasonable number of study hours per week including class attendance, pre and post work and online activities as outlined below:		
<b>Total timetabled lecture and exam hours:</b>	<b>Total assessment study hours:</b>	<b>Total personal study hours:</b>
35 hours	95 hours	130 hours

## 2. Detailed subject information

<b>Subject rationale:</b>
<p>The role of sport managers in helping to prevent and manage contemporary health challenges facing communities is becoming increasingly recognised. Therefore, sport management professionals need to be conversant with health issues and strategies available to enhance their impact. High Performance II aims to introduce a wide range of contemporary health issues and health science concepts relevant to sports managers. This subject also focuses on exercise physiology and nutrition and their importance to athletes as well as the general community. Through the use of the sports technology system Axiom and their own Athlete Journals, students will continue to submit daily diary entries regarding training loads, training quality, wellness, injury, recovery and movement screening. These diary entries and self—reflections, inclusive of goal setting and physical performance testing, will expand on the knowledge obtained in High Performance I, and allow the student to become responsible for monitoring their own physical performance and progress, and assist and instruct others.</p>

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## Subject learning outcomes:

On successful completion of this subject students will be able to:

No	Subject learning outcome	Assessment task(s) in which this learning outcome is assessed
a)	Understanding of Identify basic health and exercise physiology concepts relevant to sports management	1, 2 & 3
b)	Creating Demonstrate health and sports management communications based on relevant sources	2 & 3
c)	Understanding of Identify contemporary health issues relevant to sports management.	1 & 3
d)	Apply knowledge of contemporary health issues to specific sport or individual athlete needs	1, 2 & 3

## Delivery mode:

Select all applicable delivery mode for the subject:

Types of delivery	
<input checked="" type="checkbox"/>	Lecture/Tutorial (on campus)
<input type="checkbox"/>	E-learning (online campus)
<input type="checkbox"/>	Distance/independent learning (untimetabled)
<input checked="" type="checkbox"/>	Multi-modality (Mixed/Blended/Hybrid)
<input type="checkbox"/>	Work-integrated learning activity
<input type="checkbox"/>	Intensive delivery
<input type="checkbox"/>	Other – please specify here:

## Work Integrated Learning:

N/A

### 3. Graduate capabilities addressed

Graduate capabilities	Introduced	Developed	Assessed
Professional Expertise	✓		
Agile Leadership			
Innovative Problem Solving			
Technology & Information Literacy	✓		
Global Citizenship			
Skilled Collaboration	✓		
Independent Self-management	✓		

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## 4. Assessment information

Learning outcomes for this subject are assessed using a range of assessment tasks as described in the table below.

No	Assessment task	Weighting	Assessment due	Subject learning outcomes to be assessed
1	Individual Journal	35%	1 - 6	a, c & d
2	Observation and Review	30%	1 – 10	a, b & d
3	Final Exam	35%	13	a, b, c & d

## 5. Submitting your assessment tasks

Most assessment tasks are submitted using the Learning Management System, Moodle. For more instruction on submitting the assessment tasks, please refer to the instruction in Moodle for more specific information of the subject assessment submission requirements.

## 6. Late submission, requests for an extension or deferred assessment

There are penalties for late submission of assessment tasks. Please refer to the [Assessment Policy](#) in the Student Hub for more information on late submission penalties.

If you would like to request for an extension to submission deadline of your assessment or would like to request for a deferred assessment, you need to meet the eligibility requirements.

Please refer to the [Assessment Policy](#) in the Student Hub for more information on late submission penalties, requests for extensions and deferred assessments.

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## 7. Broad topics to be covered

<b>Topic:</b>
Introduction to Musculoskeletal Anatomy
Musculoskeletal Anatomy and sports-specific injuries
Cardiovascular Anatomy and Exercise Physiology
Motor Control
Introduction to nutrition
Nutrition for Athletic Performance
Exercise Physiology
Drugs in Sport
Obesity, body image and eating disorders
Endurance conditioning
Review

Please note that these topics are often refined and subject to change so for up to date weekly topics and suggested reading resources, please refer to the Moodle subject page.

## 8. Learning resources:

<b>Learning resources:</b>
Lewindon, Dan.; Joyce, David. (2014). High-performance training for sport. (1st.). Human Kinetics. ISBN: 9781450444828

## 9. Additional resource requirements:

<b>Additional facilities, equipment, software and other resources (if applicable):</b>
Axiom – AMS Facilities – Sydney Academy of Sport – Narrabeen

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## 10. History

No	Change history	Last reviewed by:	Last updated on:	Approved by Learning & Teaching on:
1.0	Updated to new subject outline template to align with Subject Outline Policy	Jonathan Hvaal, Senior Learning Designer	20 <sup>th</sup> Nov 2018	