

SUBJECT OUTLINE

1. General subject information

Subject code and name		
SPO150 - High Performance III		
Subject type:	Credit points:	
Core	3 credit points	
Pre-requisite/Co-requisite:	Subject level:	
None	100	
Subject workload:		
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:		
Total timetabled lecture and exam hours:	Total assessment study hours:	Total personal study hours:
35 hours	95 hours	130 hours

2. Detailed subject information

Subject rationale:
<p>The impact of injuries on athlete wellbeing as well as individual and team outcomes can be devastating. A key role for athletes, coaches and sport managers is the monitoring of athlete training and performance in order to prevent and manage injuries. High Performance III introduces students to key causes of injury, how to recognise symptoms of injury, as well as strategies to assist athletes avoiding and managing sport injuries. On completion of the subject, students will be able to interpret and apply a range of sport science data to monitor athlete training loads, identify potential injuries and develop appropriate rehabilitation programs. 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 II, and allow the student to become responsible for monitoring their own physical performance and progress, and be able to relate this data to injury prevention and management.</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)	Identify the role of biomechanics in understanding the causes of injuries in different sports	2 & 3
b)	Outline the role of sport science testing in developing injury prevention and management programs	1, 2 & 3
c)	Demonstrate the importance of monitoring and diagnosing injuries and their impact on athlete performance and wellbeing	1 & 3
d)	Implement a range of relevant injury prevention and athlete rehabilitation strategies	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	b & c
2	Observation	30%	1 – 10	a & b
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

Topic:
Recovery Methods in high performance settings
Injury prevention and athlete assessment
Injury Management
Rehabilitation (upper body, spine and head, lower body)
Training Principles, monitoring and managing training loads
Monitoring and Managing Training Loads
Biomechanics and Postural Analysis
Training individuals and groups with differing needs
The role of sport science in high performance sport
Comparative high-performance sporting models
Review – advanced training methods

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:

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

9. Additional resource requirements:

Additional facilities, equipment, software and other resources (if applicable):
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 th Nov 2018	