A. CURRENT CONTEXT OF TASMANIAN COURSES

Physical, sport and health literacy are increasingly viewed as being vital components of school curricula and the importance of HPE programs in combating health issues such as obesity and promoting participation in organised sport is well documented.

The HPE curriculum at senior secondary level in Tasmania has the capacity to add significantly to the sport, health and physical literacy levels that have been achieved by students prior to Year 11.

Tasmania has a comprehensive suite of TASC accredited HPE courses for Years 11 and 12 from pre-level 1 to level 3. These courses cover Health, Physical Recreation, Outdoor Education, Sports Science and Athlete Development.

Some of the HPE courses at Year 11/12 provide pathways for learners to further study and employment in the allied health, sport and outdoor industries.

Tasmania is acknowledged internationally as a destination for a diverse range of quality outdoor recreation experiences and the Outdoor Education courses provide a pathway for learners into this area of employment.

The long established Athlete Development Program provides a unique opportunity for schools to run specialist sports programs within HPE that enable learners to improve performance, gain coaching and officiating credentials and understand how administrative structures operate in their chosen sport.

Vocational education and training (VET) programs leading to qualifications (Cert I, Cert II and Cert III) in the HPE area are available at some secondary colleges. Learners can then progress to higher level certification at TasTAFE and a diverse range of employment opportunities within the allied health industries.

There are 3 pre-tertiary courses in HPE - Health Studies, Sport Science and Outdoor Leadership - and a University College Program in Sports Management which provide pathways into degree courses at the University of Tasmania and mainland institutions.

1. Existing Year 11 and 12 courses

The Year 11/12 HPE courses were reviewed and updated in 2012 and 2013 and on the current cycle will be up for review again in 2017. In addition to the TASC accredited courses, there are Vocational Education and Training (VET) programs and a University College Program in Sports Management. The full list of Year 11/12 courses in the HPE Learning Area is in Appendix 1.

TASC (Tasmanian Assessment, Standards and Certification) recognises outdoor qualifications awarded by Duke of Edinburgh, Girl Guides, Scouts and Professional Association of Diving Instructors (PADI) and students can gain additional credit points towards their TCE. Some schools also offer short courses with qualification outcomes such as Bronze Medallion and First Aid.
2. Links to Australian Curriculum

In 2015 the *Australian Curriculum: Health and Physical Education* was implemented in Tasmanian schools from F-10. The F-10 HPE curriculum is organised into two content strands — *Personal, social and community health* and *Movement and physical activity*. Focus areas provide the breadth of learning across F-10 and enable learners to acquire and demonstrate the knowledge, understanding and skills described in the achievement standard for each band of learning. The focus areas include:

- Alcohol and other drugs
- Food and nutrition
- Health benefits of physical activity
- Mental health and wellbeing
- Relationships and sexuality
- Safety
- Active play and minor games
- Challenge and adventure activities
- Fundamental movement skills
- Games and sport
- Lifelong physical activities
- Rhythmic and expressive activities

While there are no Year 11 and 12 HPE documents developed for the Australian Curriculum at this point in time, most of these focus areas are reflected in the content of the Tasmanian Year 11/12 courses.

3. Pathways

Employment within the health and fitness and outdoor recreation industries is becoming increasingly popular and learners have an opportunity to engage with pathways that lead to qualifications in a number of vocational education and training level 1, 2 and 3 courses that lead into further specialised training packages delivered by TasTAFE and University of Tasmania. Tasmania’s growing tourism sector lends itself to employment opportunities, particularly within the outdoor sector with requirements for guides (as an example) in a range of outdoor environments growing year to year.

The pathways map in Appendix 2 shows the pathway from the Australian Curriculum in Years 7 to 10 through Years 11 and 12 to university.

4. Enrolment Data

Since 2011, enrolments have either remained steady or increased in all HPE courses except Physical Recreation which experienced a slight decrease.

Significantly more males (70%) enrol in Physical Recreation but where single sex classes are offered, using the Health and Wellbeing course, there is greater participation by females.

There has been a steady increase in the proportion of females enrolling in Athlete Development. More females select Health Studies (67%) but there is a gender balance in Sport Science.

B. APPROACHES IN OTHER JURISDICTIONS

National

- All states and territories provide HPE courses in Years 11 and 12 with the option to study one or more courses that attract an ATAR score. These courses are primarily in the areas of Health and Physical Education.
- WA, SA, Victoria and Tasmania provide courses in Outdoor Education.
Most states provide vocational education and training (VET) programs in the HPE learning area.

In some curricula nationally and internationally, there is some overlap between HPE and other learning areas such as environmental studies, home economics and geography.

No other state has a designated Athlete Development program like Tasmania.

Tasmania is the only state that does not have a dedicated sports school.

International

Physical, sport and health literacy are increasingly viewed as being important components of the school curriculum.

All jurisdictions have an HPE program as part of their core curriculum K-10 and provide Year 11/12 courses in the areas of Health and Physical Education but not necessarily in specialised areas such as Sport Science and Outdoor Education.

There is an increasing trend towards sports specialism in schools with dedicated sports schools in many countries having been purpose built.

C. FUTURE DIRECTIONS FOR THE TASMANIAN CONTEXT

Students should experience continuous progression in their learning from K-12 and the pathways and progression in Year 11/12 HPE courses should be clear.

The Tasmanian Year 11/12 courses should build on the F-10 Australian Curriculum: Health and Physical Education and enable the senior secondary Australian Curriculum: Health and Physical Education subject rationales, aims, standards and content.

The standards of the Tasmanian Year 11/12 courses must be comparable to Health and Physical Education courses nationally and the relationship with corresponding courses in other jurisdictions should be obvious.

Consideration of the benchmarks identified in the United Nation’s Educational Scientific and Cultural Organisation’s (UNESCO) recently released publication ‘Quality Physical Education – Guidelines for Policy Makers’.

Physical Recreation 1 (100 hr) and Outdoor Experiences 1 (50 hr) need to be reviewed to ensure:

- parity with other HPE courses in terms of course size
- articulation with F-10 Australian Curriculum
- sufficient flexibility in course content, structure and assessment to assist in addressing the current gender imbalance in enrolments.

D. FOCUS QUESTIONS

1. Are the pathways from Year 10 through Years 11 and 12 clear for learners and are there appropriate entry points?
2. Does the current suite of courses meet the needs of all learners?
3. Are there gaps and/or duplication in this learning area?
4. With reference to the issues highlighted in section C above, what are the new and emerging areas of learning that need consideration?
Appendix 1

Current Tasmanian Year 11 and 12 Courses in the HPE Learning Area

- **Sport and Recreation for Life, Pre-level 1**
- **Outdoor Experiences Level 1***
- **Physical Recreation Level 1**
- **Personal Care Level 1**
- **Athlete Development Level 2**
- **Outdoor Education Level 2**
- **Personal Health and Wellbeing Level 2**
- **Sports Science Foundation Level 2**
- **Outdoor Leadership Level 3**
- **Sport Science Level 3**
- **Health Studies Level 3**
- **Sports Management, University College Program**

*5 point (50 hour) course

In addition there is a range of vocational education and training (VET) programs leading to Cert II and Cert III qualifications in the HPE area. These are available in some colleges and provide articulation to TasTAFE courses and a diversity of employment opportunities within allied health industries.

Appendix 2 — Pathways Map

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