Respect Responsibility Resilience

ARMIDALE SECONDARY COLLEGE

Stage 5
Year 10, 2022
Z Line Elective Courses

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Z Elective Courses

‘Z’ Elective Courses = PBL

*On the Online Elective Form, students to **choose 3 x ‘Z’ elective courses,** their first preference and an additional two reserve courses. Details of each ‘Z’ elective courses are given on the following pages. If further information is required on any of the courses, please speak to the relevant Faculty Head Teacher or teaching staff. All elective courses incur fees.*

All ‘Z’ electives are project- based learning (PBL) in their approach to teaching and learning and involve different methods of assessment (see below). PBL is sometimes referred to as problem-based learning, passion-based learning, inquiry-based learning or challenge-based learning.

What is PBL?

PBL helps prepare students for academic, personal, and career success, and empowers them to rise to the challenges of the 21st century world. The project is focused on learning goals including content and skills such as critical thinking, problem solving, collaboration, c0mmunication and self-management. The project is framed by a meaningful problem to solve or driving question to answer. Students engage in a rigorous, extended process of asking questions, finding resources and applying information. The project features real-world context and relates to students’ personal concerns and issues in their lives. Students make some decisions about the project including how they work and what they investigate and produce. Students reflect on their learning, the effectiveness of their inquiry and project activities, the quality of their work, obstacles and how to overcome them. Students give, receive and use feedback to improve their process and products. Students aim to make their learning public by explaining or presenting to people beyond the classroom. PBL focuses on students’ development of skills around the General Capabilities.

The General Capabilities

The Melbourne Declaration on Educational Goals for Young People identifies essential skills for 21st century learners in literacy, numeracy, information and communication technology (ICT), thinking, creativity, teamwork and communication. It describes individuals who can manage their own wellbeing, relate well to others, make informed decisions about their lives, become citizens who behave with ethical integrity, relate to and communicate across cultures, work for the common good and act with responsibility at local, regional and global levels.

The Australian Curriculum and NSW Education Standards Authority (NESA) refer to these essential skills as *General Capabilities*. The General Capabilities are an integrated set of knowledge, skills, behaviours and dispositions that can be developed and applied across the curriculum to help students become successful learners, confident and creative individuals, and active, informed citizens. Students develop capability when they apply knowledge and skills confidently, effectively and appropriately in complex and changing circumstances, in their learning at school and in their lives outside school.

- Literacy
- Numeracy
- Critical and creative thinking
- Information and Communication Technology (ICT) capability
- Personal and social capability
- Ethical understanding
- Intercultural understanding

Elective Subjects offered in 2022-2023 for Line Z

Subject	Contribution Fee per Year
AgriTech	$20
Child's Play	$50
Foundations of Dance	$20
Earth and Environmental Science	$20
Food Franchise	$100
How to be a Footballer	$30
Forensic Science	$10
Hands on History	Nil
iCreate (English Elective)	Nil
Language in Action	Nil
Applied Mathematics	$40
Mini Musical	$30
Permaculture	Nil
Science Extension	$10
Scrap Yard Challenge	$20
Street Puppets	$50
Talented Athlete	approx. $30 for excursions
'Out of the Zone' Theatre Troupe	Nil
Trash to Treasure	$50
Visual Design	$40

Z Elective Courses

Z Electives - AgriTech

AgriTech

Subject Contribution Fee: $20

Course Outline

Can the principles of Regenerative Agriculture be implemented on our school farm and should we implement these principles?

AgriTech is a class where students will work on helping to design and construct infrastructure on our school farm. Students will have the opportunity to work with all of our animal and plant enterprises to help improve our farm. Farm management practical activities include all areas of animal husbandry, plant operations, fencing, tractor and machinery operation and native plant and animal enhancement.

Subject Fees

$20 - contributes to food production which the students of AgriTech will be able to bring home.

Course Requirements

Suitable outdoor farm clothing, e.g. clothing, hats, boots, sunscreen, etc.

Homework

In conjunction with class projects and when required.

Assessment Strategies

End of year presentation of projects completed. At the end of each semester their learning experience will become authentic with a public exhibition of their work.

Child's Play

Subject Contribution Fee: $50

Course Outline

In this course students will have the opportunity to work individually and in groups to address a range of contemporary issues within the childcare sector.

Students will work towards developing solutions for two driving questions over the duration of the year. To develop a successful 'solution', students will follow a design process including market research, investigation, experimentation, testing, costing, etc. They will alter their solution throughout this process following peer and teacher feedback.

The theme of the two projects will be:

How can we promote healthy nutritional meals for children and families?
and
How can play be used as an educational tool and what can we develop to support this?

Subject Fees

$50

Course Requirements

To engage effectively with this course, students should come to each lesson ready to work with peers, collaborate, investigate, and design solutions. Usual school stationery and workbook is also a must.

Homework

Homework for this class may be assigned in cases where students need to collect data for surveys or when adequate progress has not been made during class time.

Assessment Strategies.

Assessment of this subject will take place throughout the planning and development process and at the end of each semester during a public exhibition of their work.

Peer assessment and feedback is an important part of the planning and development process for PBL subjects. Students who elect this course should be prepared to give and receive peer feedback in a positive way.

There will be one major project per semester and the focus of these will be on *Healthy Families and Nutrition* and, *Educational Play.*

Z Electives - Foundations of Dance

Foundations of Dance

Subject Contribution Fee: $20

Do you want to explore your healthiest self – mind, body and soul – and are interested in movement and the stage?

Course Outline

In Semester 1, Foundations of Dance offers students the opportunity to embrace adjunctive training options and build on their technical skills as a dancer. The aim is to discover and embrace our best selves, through Dancers Bootcamp!
In 5 week blocks, students experience:

- Foundations of Ballet and dance technique
- Personal Training
- Yoga, Acro-Yoga and Meditation
- Nutrition

In Semester 2, students embrace their creative side with Backstage Pass! Over two terms students explore all aspects related to the stage and learn the skills of stage management. They will apply all learnt in this section of the course at 'Dance Showcase 2020' and any other school productions (ie. school musicals).

In 5 week blocks, students learn about:

- Costuming, hair and stage make-up
- Stage presence and confidence in performance
- Lighting, sound design, sets and props
- Stage management and production

This course is a mix of theory and practical lessons, as well as including opportunities to visit theatres and entertainment venues.

Subject Fees

Contribution fee for this course is $20.

Course Requirements

Students will be required to bring writing equipment and books for theory lessons. Comfortable dance wear will be required for practical lessons.

Homework

Various homework tasks may be assigned to students. These may consist of completing work begun in class, practising dance technique and skills, application to stage management roles.

Assessment Strategies

There will be:

- A Personal Development Plan (PDP) for students to target individual skills in movement, goals and technique.
- Stage Management roles at Dance Showcase (and other school productions) including bump in/bump out, promotional material, programming, backstage support, costuming, hair and stage make up, prop design and front of house.
- Teacher observation of skill development and participation in classroom and practical lessons.
- Peer assessment, both structured and unstructured, to develop constructive observation and critical feedback.
- Student log book – to be kept up to date and handed in at the end of each term.

Earth and Environmental Science

Subject Contribution Fee: $20

Course Outline

In Earth and Environmental Science students will gain an appreciation of the impact of humans on our world and the importance of geology in understanding our past environments.

The two guiding questions for this course are:

1. **How can we persuade society to take action to reduce the impacts of an environmental problem facing our world?**

Students will be introduced to the range of different environmental issues. In small groups, students will become experts on a chosen problem, developing a comprehensive understanding of the cause and effects of the problem. They will then be asked to design a persuasive piece encouraging people to act. This may take the form of an artwork, song, video, play or any other medium the students feel can convey their ideas appropriately.

2. **How can geology be used to increase our understanding of past environments?**

Students will be introduced to the interpretation of geological histories including rock strata and fossil evidence. As an example, students will use rock features around Armidale to develop an understanding its geological history. We will then investigate how dreamtime stories have been shown to link to major geological events in Australia. Students will work collaboratively to create a book or website entitled 'The story in our rocks'.

Subject Fees

$20 to cover cost of field trips to local sites.

Assessment Strategies

This course will be assessed through a logbook.

Food Franchise

Subject Contribution Fee: $100

Course Outline

How can you make money from a love of food? Experiment with food and eating while making a profit!

Students engaged in the Food Franchise elective will work collectively on a project-based task, the aim to be development of a successful food van and market stall. In order to be successful students will need to employ a range of skills including; research and investigation, collaboration, promotion and food production.

Students will research the target market, experiment with recipes, test food products, engage with industry professionals and evaluate products and processes.
The culmination of this work will be a class market at ASC where students sell their products and evaluate their success and profitability.

Subject Fees

$100

Course Requirements

Students will require a note book and general pencil case.

Homework

Students may be required to complete research tasks or surveys outside of class time which will contribute to their project.

Assessment Strategies

Students will be assessed on their involvement in the process of developing their Food Franchise. Peer assessments will be conducted throughout the development process and students will be required to complete a self-assessment at the completion of the Market Day. These assessments will be mostly completed in class time.

Z Electives - How to be a Footballer

How to be a Footballer

Subject Contribution Fee: $30

Course Outline

Do you want to be the best version of yourself, on and off the field?

Increase your skills, knowledge and understanding of the sport of Football (Soccer) in this elective. Engaging this course will allow you to identify, plan, implement and review strategies to improve performance on and off the pitch!!!!

In this course you will take control of your learning to target:

- Positional play on the field
- Skills, on and off the ball
- Whole body fitness and injury prevention
- Tactical formations
- Self-confidence and self-efficacy
- Life as a professional footballer

This course is a mix of theory and practical lessons whereby understanding and knowledge learnt in class is applied in theory lessons in order to complete projects.

Assessment products produced in this course include:

- Video analysis
- Skill testing and demonstrations
- Personal Football Portfolio
- Laws of the Game & Refereeing Course
- ASC Football Yearbook

Subject Fees

Contribution fee for this course is $30

Course Requirements

Student will be required to bring writing equipment and books for theory lessons while also bringing football boots and appropriate clothes for practical lessons.

Forensic Science

Subject Contribution Fee: $10

Course Outline

Students will assume a variety of roles involved in forensics investigations including, but not limited to, that of a forensic chemist, lawyer and forensic anthropologist. They explore 4-6 real crime, identify the science used in solving the crime and replicate the methods in a series of exploratory experiments. Students will then determine if they arrived to the same conclusion as the forensic investigators in the case and present their information in a portfolio of work.

Students will gain scientific skills during the course of the unit including: planning and performing experiments, writing scientific reports, collecting and presenting information and evidence, evaluating methods used and conclusions reached, communication and collaboration, and more.

Some of the topics covered may include: OJ Simpson, Ivan Milat, Lindy Chamberlain, Frank Abagnale, Anna Anderson and more. Students will also be required to create their own crime scenes with evidence that can be solved by other classes.

NOTE: Students will not be viewing graphic material - pictures, videos, written or other - during this course but will focus on the scientific methods to collect and analyse forensic data.

Subject Fees

$10 for materials

Course Requirements

Students will require: a lined workbook, a portfolio and internet connection at home (if possible).

Homework

Homework will include completing tasks from lessons, engaging in research and conducting some investigations outside of the classroom.

Assessment Strategies.

Students will be assessed termly on their engagement and results from exploring the cases. They are expected to dissect the cases presented and replicate the forensic science undertaken to reach a verdict of guilty of innocent.

Some assessment aspects include:

- How well they plan, perform and provide written reports on experiments
- Communication and collaboration with team members the and class
- Evaluating and improving scientific methods
- Evaluating evidence and verdicts in the cases
- Engagement with the course material and activities
- Correct and safe use of equipment

Z Electives - Hands on History

Hands on History

Subject Contribution Fee: $Nil

Course Outline

Crypto-Archaeology

Can we prove the existence of mystical creatures?

Research the mythological creatures of various cultures and the legends. These will be cross-referenced with historical and scientific accounts to determine the potential for their reality. Using this information, locate artefacts to prove the existence of the mythological. Some examples of creatures studied might include dragons, drop bears, jackalopes, yetis. Create examples of these artefacts and present these in a Room of Wonders. Artifacts will be made using recycled materials.

Choose a myth, legend or supernatural existence and research the reality behind it.

- Choose a mythological creature such as the Minotaur or Drop Bear and research the possibility of such a creature existing.

OR

- Choose a cryptological event such as yeti sightings and research the reality of such events.

OR

- Choose the mythology of a culture, such as Norse mythology, and research the reality behind these myths.
- Locate stories of sightings, scientific explanations, and anecdotal evidence to inform your research.
- Using recycled materials create artefacts relevant to your myth, creature, or supernatural event and present these in a Room of Wonders.

Puppet History

When we are entertained, we learn better. Are puppets an effective mode of historical re-enactment?

Working in groups, choose an historical event and research the details:

- Example: The Black Death - how did it start? where did it happen? how did it spread? who was affected? how long did it last? how did it end?
- Using your research, create a five-minute performance that explains your chosen event.
- Create puppets to use in the re-enactment. Your group can choose any form of puppetry they wish: stick, shadow, hand, sock, marionette, human marionette, or a mixture of these. Puppets will be made from recycled materials.
- Your historical puppet show will be performed in front of a live audience.

Homework

There are no specific homework tasks, however students are encouraged to undertake research in their own time as well as during class.

Assessment Strategies

Crypto-Archaeology - Research presentation

- Creating/locating artefacts
- Creating a Room of Wonders

Puppet History - Research Presentation

- Creation of puppets and devising performance
- Live performance of historical event

iCreate (English Elective)

Subject Contribution Fee: $Nil

Course Outline

English elective develops students' knowledge and understanding of the complexities of a range of texts in order to respond critically and imaginatively. This project-based elective allows student to explore, in depth, texts of students own choosing; examining how and why texts are adapted, for example, the process of turning a novel into a film. Students will learn how composers manipulate structure and language features to shape meaning in purposeful ways. Students will be able to apply key competencies and knowledge to create purposeful, creative and relevant texts of their own.

During the course, students learn to:

- Develop critical thinking, research, analytical and writing skills
- Develop essential literacy skills
- Actively participate in practical and relevant group tasks
- Create a wide range of texts to articulate complex ideas
- Develop self-motivational and organisational skills

Subject Fees

Students may need additional materials for practical elements of the assessed project.

Course Requirements

Notebook
Create a project

Assessment Strategies

Students will develop two major projects throughout the duration of the course, one per semester. Each project will include practical and written elements. Students will have a wide scope of choice in English electives in the development of their assessment.

- Peer and self-reflection
- Group and feedback sessions
- Conferencing sessions

Language in Action

Subject Contribution Fee: $Nil

Course Outline

1. ***How can we can increase our social and community language interactions across the broader New England region?***
2. ***How can language, culture and inclusivity be developed within our school community? (action research project)***

The aim of this course is to increase student agency and language proficiency by offering a tailored project-based program that will empower students' use, and understand the language required, to function as part of the school and broader community.

Units include:

1. **Semester 1: Interpreting, translation and ethics** – students develop skills in interpreting and translation to address the current situation where students are "accidental interpreters". Students will organise small events for their community and develop the information and language required for their community to participate effectively, e.g. art gallery tours, bi-lingual heritage tours, etc.

2. **Semester 2: Multimedia Information Project** – students develop multi-language school-based resources targeting new arrivals and newly transitioned students to Armidale Secondary College. This will include the creativity to generate effective signage, videos, flyer, school app, etc.

Subject Fees

Nil

Course Requirements

This course is open to any EAL/D students at Armidale Secondary College. If non-EAL/D students have an interest in this course, their enrolment will be considered via an EOI process.

Assessment Strategies

Students will produce real-world product as part of this course.

Semester 1: Interpreting, translation and ethics - students will be assessed on the design process, implementation and final product of an authentic interpreting experience (50% written, 50% practical).

Semester 2: Multimedia Information Project - students will be assessed on the design process, implementation and final product which is documented in portfolio of student learning and the creation of the multimedia products.

Both assessments will result in a showcase of student learning to the school community.

Z Electives - Applied Mathematics

Applied Mathematics

Subject Contribution Fee: $40

Course Outline

This course uses a formal Problem Based Learning methodology to create technology based solutions with a high mathematical content. Participants will need a sound understanding of:

- Algebraic techniques.
- Pythagoras Theorem.
- Statistical Analysis

at an advanced stage 4 level. As well students will need to apply their understanding of Stage 5 Trigonometry to complete some projects.

The course will consist of a number of project opportunities that will give our students exposure to the use of mathematics building systems and solving problems with real world applications. The work will be done in groups and projects will last for approximately one semester. All projects have a phase two that allow the introduction of advanced system packages. All software will be open source.

1. ***Robotics***. This project is tailored for a two-wheeled robotics kit called the SparkFun Inventor's Kit for RedBot. It will include an ultrasonic sensor to detect objects and generate SLAM maps. Phase two will include the addition of a raspberry pi and a camera for facial recognition.

2. ***IoT system design***. This project is designed to do some basic control circuits of light and water control and a security system. Phase two will involve the design and implementation of a commercial control system with application in the food production environment.

3. ***Chatbox User Help system***. Creating a mobile based chat box to provide school information for students in Stage 5 and Stage 6. Phase two of this project will include the introduction of an Artificial Intelligence engine to allow a machine learning capacity that will facilitate including new subject areas.

4. ***Game Development.*** Creating a web based 2D graphics game using Javascript, jQuery and Phaser graphics and animation. Phase two will be designing a simulation environment to use the P2 physics engine to create a real world simulation of a skateboard park with tarzan swings, spring loaded obstacles and hover boards.

5. ***Data Visualisation Project.*** This project will be using web based technology, SQL databases and sophisticated statistical analysis to tell the story of water collection and usage in North West and New England region. Phase two will be to develop interactive simulations to show the value of different water recycling technologies.

Course Structure

This course is based on a set of sophisticated learning materials provided as **Computing by Design** (CxD), a collection of project guidebooks for use in high school computer science courses. In each project student teams collaboratively design and build a solution to a problem within a particular context using a specific technology. The course comes with detailed planning and support material and significant tutorial and supporting documentation.

Course Objectives

The objectives of this course are:

- to expose students to the use of mathematical design and modelling techniques with theories and concepts based around advanced stage 6 concepts; and
- to develop sophisticated projects that can be shared with future students who can take your vision and learning and develop downstream improvements that extend and continue the development of new ideas.

Subject Fees

$20 per semester

Course Requirements

Any specific requirements, eg. specialist equipment, clothing, books, stationery a student will need to study this course

Homework

The course will require specific skills development in programming. Tutorials will be supplied but students will be expected to undertake some exercises in their own time.

Assessment Strategies

There will be two assessment strategies:

- Certification tests for skills based tutorials
- Project deliverables as outlined in the planning documents and agreed by the project team

Z Electives - Mini Musical

Mini Musical

Subject Contribution Fee: $30

Course Outline

How do we as a school put on a Mini Musical? What are the various components required to coordinate the staging of a successful small-scale musical?

At the end of each semester the students' learning experience will become authentic with a public performance and video of their work.

Course Outline

Students will work as a team in managing, producing and performing a small-scale musical. Students will involve themselves in learning, editing, rehearsing, directing, acting, singing, dancing and arranging music in the performance and videoing of a small-scale musical. There will be opportunities for solos and chorus work as well as the technical running of the lights, sound and sets.

An appropriate musical will be selected and sourced by the course convenor.

Music Outcomes: Performing 5.1, 5.2, 5.3. Composing 5.4, 5.5, 5.6. Life Skills Performing LS 1, 2 & 3.

Subject Fees - $30

Course Requirements

- Script, score and possibly backing tracks
- Allocated space to prepare, stage and perform the musical
- Students will need to design and provide their own costumes and props
- Musicians may need to provide their own instruments, however school instruments may be available. A backing track may be utilised as best performance option.

Homework

Students will be expected to demonstrate commitment through the memorising of lines, songs and music, and choreography. Participants will be expected that some preparation and refinement of duties will need to occur outside of class time.

Assessment Strategies.

Students will be assessed at several stages throughout the course. The assessments will be synchronised with a timeline of conception, preparation, and performance. Marking criteria will be developed which correlate to the process of staging a musical, including criteria such as ability to work as part of an ensemble, communication skills, ability to work individually, showing responsibility, and completing assigned jobs.

The final assessment will be an individual's level of participation and success in their performance in the final show.

Permaculture

Subject Contribution Fee: $Nil

Course Outline

How can we create a flourishing land management system that uses the same principles found in natural ecosystems?

How can we contribute to the implementation of the ASC School Permaculture Design?

Subject Fees

Nil

Course Requirements

Boots and gloves

Homework

Participation in out of school commitments like working bees and market stalls

Assessment Strategies.

Students will be assessed on:

1. Present of case study reports of exemplary Permaculture practice around Australia and the world.

2. Development and implementation of action plans based on the Permaculture plan for ASC.

Z Electives - Science Extension

Science Extension

Subject Contribution Fee: $10

Course Outline

Students will assume the role of a scientist, an engineer, a researcher and a presenter while completing a range of projects throughout the course. Some projects include: creating a video presentation for the 'Sleek Geeks' competition, making a Rube Goldman machine, conducting and reporting on a major experiment of their design, and more.

Students will gain scientific skills during the course of the unit including: planning and performing experiments, writing scientific reports, collecting and presenting information and evidence, evaluating methods used and conclusions reached and communication and collaboration to name a few.

Subject Fees

$10 for materials

Course Requirements

Lined workbook, portfolio, internet connection at home (preferable)

Homework

Homework will include completing tasks from lessons, working on projects, engaging in research and conducting some investigations outside of the classroom.

Assessment Strategies

Students will be assessed termly on their engagement and products from the projects undertaken. Some assessment criteria include:

- How well they plan, perform and provide written reports on experiments
- Communication and collaboration with team members and the class
- Evaluating and improving scientific methods
- Evaluating evidence and verdicts in the cases
- Engagement with the course material and activities
- Correct and safe use of equipment

Scrap Yard Challenge

Subject Contribution Fee: $20

Course Outline

Reduce… recycle…reuse. Students will dismantle used pallets and reuse the materials. This will involve the collection of pallets from around town, construction of a "pallet buster" tool and break up pallets.

Students will visit the Building Recyclers, Metal Scrappies and the Tip Shop to gather materials for self-directed projects.

Students will research, design and build projects from the reclaimed materials gaining both wood and metalworking skills.

Subject Fees

$20 to cover finishing materials and hardware. Students may need to purchase additional materials.

Course Requirements

Students will need appropriate footwear for workshop activities.

Homework

Students will be expected to undertake research and develop ideas.

Assessment Strategies

Students will be assessed on the quality of the projects, innovation and use of reclaimed materials.

Z Electives - Street Puppets

Street Puppets

Subject Contribution Fee: $50

Course Outline

How can street theatre and puppetry raise awareness of environmental issues in our community?

What types of puppets and their movement elicit different responses from an audience?

This course allows students to design, construct and operate puppets made from salvaged and recycled materials that will be used in an open-air theatre performance in Armidale.

The students will create characters that explore a current environmental problem such as climate change, plastics in the oceans, or water management. They will research the role of street theatre and puppet making in raising awareness of social issues, as well as design, construction and operation of puppets on stage. Students will design sound and lighting for the performance and develop a script or narrative for the puppets.

There is the possibility of a guest puppet maker running a workshop for students as well as a practicing theatre designer coming to the class.

Terms 1 and 2

- Students will research the history of street theatre and the issues that it has been used for.
- Class will explore movement and chorus as a dramatic element in procession and learn how to work as an ensemble.
- Students will focus on a particular period in history featuring street theatre or puppets and create a presentation to the class or gallery walk. This may include designs, drawing or a display of their research.
- We will construct a small puppet based on the research we have conducted as a prototype for the larger puppets planned for Terms 2 and 3.

Terms 2 and 3

- The class will determine what issue they wish to examine in their street theatre performance.
- The class will develop characters, research the topic in depth, and write a script together incorporating music and set design.
- The class will construct two large puppets which will culminate in an outdoor event and performance for the school and the general public.

Subject Fees

$50 to cover materials and visiting artist

Course Requirements

Research an environmental issue that is important to students at Armidale Secondary College.

Design, create, construct, operate puppets and perform environmental street theatre.

Collaborate to create theatrical movement and physical theatre on stage in conjunction with puppetry.

Homework

Students may be required to draw designs and research an environmental issue at home.

Assessment Strategies

Students will be assessed on skills in street theatre performance; collaboration during construction; script development; creation of chorus and physical theatre that links thematically to the environmental issue being examined.

Z Electives - Talented Athlete

Talented Athlete

Subject Contribution Fee: $Nil + approx. $30 excursion costs

Course Outline

How do I become a Talented Athlete? Have you ever thought of being an Olympian, or reaching the highest level possible in your chosen sport? Do you want to explore your healthiest self and are interested in developing your sporting talent and ability?

This practical, hands-on elective has been developed to allow you to challenge yourself and explore what it takes to become a talented athlete in your chosen sport/s. This elective aims to nurture the growth of individuals as athletes through a holistic and individualised approach.

Throughout this course you will have the chance to work with the 'Rural Fit Sport Science Team' who are university graduated Exercise Physiologists and Exercise Sport Scientists, to undertake elite sporting testing that is rare in rural and regional settings.

This elective provides you with an opportunity to develop your individual fitness goals and will incorporate sport specific strength and conditioning sessions. It is an avenue for you to discover who you are as an athlete, develop emotional intelligence and a sense of fair play in a world that can be challenging to navigate.

Over the course of the year, you will develop both your practical and theoretical knowledge and skills.

Practical Opportunities:

- Participate in at least two individual fitness assessment days with the Rural Fit team so that you can improve and compare your fitness goals
- Learn from experts about what your individual fitness data means and how you can improve
- Design and participate in a number of sport specific strength and conditioning sessions
- Develop, participate in, and coach practical sessions based around your chosen sport
- Liaise with local and state coaches or experts in particular sporting fields

Theoretical components:

Through this PBL elective you will enhance your knowledge and understanding of the following in relation to your chosen sport:

- Nutrition
- Sports psychology
- Anti-doping
- Injury prevention and management
- Recovery techniques
- Public relations and media
- Time management

Subject Fees

Nil, but it is estimated that students will need to pay about $30 per semester when excursions are conducted with Rural Fit around elite fitness testing.

Course Requirements

Students will be required to bring writing equipment and a book for their theory lessons, while they may need sports uniform and sport specific equipment for their chosen sport during some practical lessons.

Homework

Homework will include completing tasks from lessons and engaging in further individual research.

Assessment Strategies

- Video analysis
- Fitness testing
- Practical demonstrations
- Personal Athlete Profile – based around personal goals, performance and individual technique
- Student log book

'Out of the Zone' Theatre Troupe

Subject Contribution Fee: $Nil

Course Outline

This elective brings together a group of students who are interested in exploring contemporary non-traditional forms of theatre.

You will create your own theatre performance for presentation in Semester 1 and Semester 2. In this course you will be working collaboratively to develop your own play, exploring 'immersive' theatre techniques, developing 'physical theatre' skills and experimenting with digital technology and the ways this can enhance performance. This is theatre not like we have seen it before. The possibilities are only limited by your imagination. This experience will take both performers, technical experts and audience 'out of the zone' of theatre as we know it.

Trash to Treasure

Subject Contribution Fee: $50

Course Outline

What do we do with our pre-loved items that we don't want to throw away?

This course involves students taking pre-loved items and remodelling or repurposing them for another use. Students will start with a smaller item that could be produced or reproduced to sell at a market stall. The second project would involve recycling pre-loved clothes to create a modern useable item such as a "memory blanket" or "TikTok Trackies". Students will learn skills in designing, budgeting, construction, marketing and selling.

Subject Fees

$50.00 for the year – this will cover the use of equipment and essentials.

Course Requirements

Students will provide their own pre-loved items to upcycle for both projects. Students may need to purchase other notions or embellishments depending on their final design.

Assessment Strategies

- At least **TWO** practical items
- Marketing and selling of potential projects
- Market day

Z Electives - Visual Design

Visual Design

Subject Contribution Fee: $40

Course Outline

This course enables students to develop an interest in and enjoyment of investigating the evolving practices, technologies and ideas of a range of design-based studio practices. Students will investigate and explore a variety of design briefs and projects that involve designing and making objects that apply aesthetic qualities and serve a practical function.

The course is scaffolded to introduce students to a range of design contexts, both handmade and digital using specialist software, which equip them with the studio skills and processes to undertake a Personal Interest Project (PIP) of their own choosing. This fosters students' 21st century skills to not only create their projects, but to consider and problem solve the aesthetic qualities required for audience appeal and marketing.

Studio Practices and Contexts may include:

- Marketing aesthetics – product and packaging
- Advertising
- Character concept design and illustration
- Animation
- Wearables – badges, pendants, jewellery
- Logo design and clothing prints

At the conclusion of the course, students will leave with a portfolio of work that demonstrates an ability to respond creatively to a variety of design contexts as well as sustain and lead their own project.

Course Requirements

A4 VAPD (Art Diary)
USB Flash Drive (recommended)

Homework

Majority of work is completed during allocated class time, however there is an expectation that some assessments are completed or prepared outside of class time.

Assessment Strategies

- Interpreting and responding to design contexts, including the work of other designers
- Studio projects (handmade and digital)
- Personal Interest Project (PIP)