

# Why study Recreation?

## Subject Area Syllabus — Subject guide

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### What is Recreation all about?

Recreation focuses on the role recreation has in the life of individuals and communities. It provides you with opportunities to learn in, through and about recreation activities.

Recreation activities are those that require exertion and activity. They are engaged in for competition, relaxation or simply enjoyment. Recreation activities include active play and minor games, challenge and adventure activities, games and sports, health-related physical activities, and rhythmic and expressive movement activities.

### What will you learn?

You will experience the challenge and fun of active participation in physical activity while developing beneficial vocational and life skills. The skills developed in Recreation may help you in work, personal fitness, or general health and wellbeing. You will develop interpersonal abilities and be encouraged to appreciate and value involvement in recreation activities.

You will examine:

- the relevance of recreation in Australian culture
- the contribution recreation makes to health and wellbeing
- factors that influence participation in recreation
- how physical skills can enhance participation in recreation activities
- how interpersonal skills support effective interaction with others
- the promotion of safety in recreation activities
- technology in recreation activities
- how the recreation industry contributes to individuals and communities.

Recreation builds on the knowledge, skills and understandings of the *Australian Curriculum: Health and Physical Education* syllabus ([www.australiancurriculum.edu.au/healthandphysicaleducation](http://www.australiancurriculum.edu.au/healthandphysicaleducation)).

### How will you learn?

You will work individually, with others and in teams. You will be involved in acquiring, applying and evaluating information about physical activities and performances, planning and organising activities, investigating solutions to individual and community recreation challenges, and using suitable technologies where relevant.

### How will you be assessed?

Assessment in Recreation gives you opportunities to demonstrate knowledge, understanding and skills in, about and through participation in recreation activities.

In Recreation, assessment instruments may include projects, investigations, extended responses to stimulus, performances, and examinations. These can include activities such as recreation or training/coaching sessions; participating in recreation activities and team tasks; supervising fitness activities; investigating a specific question or hypothesis; interpreting, analysing and evaluating ideas and information; writing articles or reports; and giving presentations.

In Year 12, you will be expected to complete four to six assessments, including at least one project, at least one extended written response and at least two performances (separate to a component of a project).

## How can parents/carers help?

Your parents/carers may help you by:

- discussing different views about Recreation with you
- encouraging and helping you to find suitable websites, documentaries, journals and other resources
- encouraging you to take part in school-based activities, including field trips, and extracurricular activities
- offering their services as guest speakers if they are involved in this area of study or related industry
- encouraging safe and ethical behaviour
- contacting your school to establish communication with your teachers to help understand the work undertaken at senior level, and to become familiar with assessment requirements.

## Where can Recreation take you?

This subject contributes four credits towards the Queensland Certificate of Education (QCE) if you receive a Sound Achievement or higher. If you would like to learn more about this certificate, please visit the QCE page on the QCAA website, [www.qcaa.qld.edu.au/589.html](http://www.qcaa.qld.edu.au/589.html).

A course of study in Recreation can establish a basis for further education and employment in the fields of fitness, outdoor recreation and education, sports administration, community health and recreation and sport.

## More information

This subject guide relates to courses developed from the *Recreation Subject Area Syllabus 2014*. If you would like more information, please:

- visit the subject page on the QCAA website [www.qcaa.qld.edu.au/30486.html](http://www.qcaa.qld.edu.au/30486.html)
- email [senior.syllabuses@qcaa.qld.edu.au](mailto:senior.syllabuses@qcaa.qld.edu.au).