

Dynamic Bodies



Sports in all shapes and sizes

KLAs: Health Science / PDHPE	LESSON TOPIC: Exercise and Sport Science
YEAR LEVEL: K-10	DURATION OF ACTIVITY: 45 minutes

In this active sports science session, students discover what makes a successful sportsperson by exploring the relationship between physiology and performance. Utilising clinical state-of-the-art equipment, we measure a range of biomotor abilities, including speed, agility and strength to determine performance indicators and learn how different sports and athletes require different training targets. Get into some friendly competition with your peers as we explore the importance of exercise in our everyday lives and how measurements in exercise physiology help us understand more about how our bodies function.

SYLLABUS LINKS

This activity aligns with and extends concepts and content within the K-6 Science and Technology syllabus, the K-10 PDHPE and Mathematics syllabuses and the 7-8 Technology Mandatory syllabus.

LEARNING OUTCOMES

Students will:

- understand the challenges of measuring human performance, and the importance of standardised testing procedures
- identify appropriate units and devices for measurement in sports science
- demonstrate differences between subjective and objective measurement and identify the necessity of technology to gain accurate measurements in exercise science
- conduct an investigation using their own body and performance measurements to determine what factors may influence exercise performance

- understand some common relationships that exist between different types of physical performance and physiology, and appreciate the principle of training specificity

EXPLORATORY AND PLAY-BASED COMPONENTS

Students will explore their own performance in various athletic activities including running and jumping, and compare their performance to other students, taking into account the wide variety of body types and sizes that might influence this. This play-based activity encourages students to compare their performance with an objective, rather than competitive, attitude to identify how our bodies might respond differently to varied activities and training regimes.



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