Dynamic Bodies

The science of sport

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 explore 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. Students will get into some friendly competition with their peers as we explore the importance of exercise and mobility 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 syllabus.

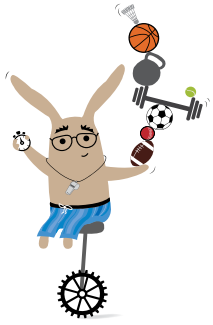
LEARNING OUTCOMES

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
- Investigate 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. They will compare their performance to their previous attempts and other students, considering the wide variety of different skill sets and abilities that may influence the results. This play-based activity encourages students to compare their performance with an objective, rather than being competitive, to identify how their bodies might respond differently to varied activities and training regimes.



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