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PROGRAM APPLICATION 2024



Physical Education Extension – Sports Science (PEX) is an aspirational program designed to further the knowledge, skills and understanding of students who demonstrate high potential to be successful in physical education pathways and as leaders in the school. The lower school program is a direct pathway into advanced senior school Physical Education courses and future tertiary or professional pathways. A further goal of this program is to improve students' learning capacity and overall performance and success with their academic achievement.

The PEX program enhances and extends students in all aspects of Physical Education.

Students will engage in:

- traditional sports (e.g. Basketball, volleyball, soccer, athletics)
- fitness based activities (mountain biking, strength and conditioning, beach fitness)
- applying sports science concepts in a practical format (biomechanics, nutrition, exercise physiology, sports psychology)
- linking with outside agencies to develop coaching and umpiring qualifications
- Peer analysis of isolated skills and game play using ICT including school iPads

The program has been established as a pathway for students who may wish to study ATAR PE Studies or General PE Studies in senior school and could be interested in careers in the sports and recreation industry. Pre-requisites will include a C grade or better in Physical Education, along with a minimum C grade in English.

For further information

Blake Kampen (PEX Coordinator) 9797 9200 •

2024 Enrolment applications

Close Friday 28 of July 2023

A trial day will be held at the college for all applicants in Term 3 on Wednesday 9 August in the gymnasium from 3:30 pm to 4:30pm.



Application for 2024

Please attach a copy of the student's most recent report to this application



Applicant Details Given Name _____ Surname Date of Birth _____ Preferred Name Male Present School ___ **)** Female **Parent / Guardian Details** Address ____ Town/Suburb _____ Postcode _____ Home Ph _____ Mobile Sporting achievements from the past two years Sport Year Achievement **Current after school and weekend Coach Reference** sporting commitments: To be completed by a current/previous sports coach. Coach name ____ Phone or email _ Attitude to team Excellent ()Very Good ()Sound ()Limited **Leadership potential** Sound Limited Excellent Very Good Sports skill level **Other Comments** Excellent Very Good Sound ()Limited **Interpersonal skills** Excellent Very Good Sound () Limited

Self-responsibility

Excellent Very Good

Sound (

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