

Yishun Secondary School

Subject & Code: Exercise and Sports Science (ESS) Syllabus 6081

Level & Stream: Secondary 3 G3

The Curriculum and Approaches to Learning		Key Programmes / Competitions
Through the study of Exercise and Sports Science (ESS), students are grounded in the sub-disciplines of sports science with an understanding of sociology in relation to sports. They develop disciplinary thinking and practices of the subject and interdisciplinary understanding to problem-solve and evaluate performance for improvement in different practical settings. They also adopt a balanced view in examining issues influencing sports and participation in physical exercise.		
Term / Week	Learning Experiences (Chapter, Activity)	Learning Outcomes & Assessment
1 / 1-10	Exercise Physiology <ul style="list-style-type: none"> Skeletal system Muscular system Circulatory system Respiratory system Energy system Principles of training Methods of training Effects of exercise on the body Injury and prevention 	W6: Timed practice 1 W8: WA1 – Exercise physiology
2 / 1-5 2 / 6-10	Motor learning and development <ul style="list-style-type: none"> Classification of skills Factors affecting MLD Information processing model Types of feedback Movement concepts Games related concepts Biomechanics <ul style="list-style-type: none"> Newton's law of motion Stability and summation of forces Projectile motion Movement phases 	W7: WA2 – Individual and team practical activity
3 / 1-4 3 / 4-6 3 / 7-10	Sports psychology <ul style="list-style-type: none"> Motivation Arousal and performance Anxiety Goal setting Performance analysis <ul style="list-style-type: none"> Analysis of Physical Performance Analysis of Technical Performance 	W8: WA3 – Sports psychology and biomechanics (e-paper)

	<ul style="list-style-type: none"> • Analysis of Tactical Performance <p>Sports sociology</p> <ul style="list-style-type: none"> • Ethics • Equity • Commercialisation 	
4 / 1-2	Content revision	