

Yishun Secondary School

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

Level & Stream: Secondary 4 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 / 1-3	Coursework preparation	End-January: Commencement of developmental log
1 / 4-6	Developmental log task 1 <ul style="list-style-type: none"> Improving tactical decisions in team practical activity 	
1 / 7-10	Developmental log task 2A <ul style="list-style-type: none"> Analysis of training programme 	
2 / 1-2	Developmental log task 2A <ul style="list-style-type: none"> Development of training programme 	1 mandatory consultation before commencement of task 2B
2 / 3-8	Developmental log task 2B <ul style="list-style-type: none"> Implementation and evaluation of training programme 	WA2: Team practical activity *Continual preparation and training for individual and team practical activities
2 / 9-10	Developmental log task 2C <ul style="list-style-type: none"> Consolidation of experience 	
3 / 1-3	Consultations	End-July: Coursework submission
3 / 4-5	Content revision – Exercise physiology	
3 / 6	Content revision – Motor learning and development	
3 / 7	Content revision – Biomechanics	
3 / 8	Content revision – Sports psychology	

3 / 9	Content revision – Sports sociology & performance analysis	Preliminary examination: Theory e-paper (80m)
3 / 10	Script check	
4 / 1-4	Revision and consultations	