THE WAY

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EXPLORING THE SCIENCE OF TRAINING IN SPORT

Recently, our Health and Movement Science students have been diving into the fascinating world of sports science examining how training principles can be applied to improve athletic performance. This area of study not only enhances their understanding of physical conditioning but also equips them with practical skills to support athletes in reaching their full potential.

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Last week, some of our senior Health and Movement Science students had the wonderful opportunity to coach Year 7 students. These sessions are always a highlight in the College calendar. They foster strong mentoring relationships between younger students and our Year 12 leaders, while also providing an excellent platform for seniors to develop their leadership and service capabilities.

Seeing these interactions in action is inspiring. They reflect the College's commitment to holistic education and where academic learning meets real-world application.

Mr Kent Weir
PDHPE Coordinator

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