





Deciding what subjects to take is a big deal, so it's important to talk it over with your parents. We also have sessions where you can get advice about careers and your future.

Our goal is to support students to make the best possible choices for their academic journey, ensuring that their decisions are aligned with their interests, career ambitions, and goals.

Should you require any additional information, please feel free to reach out to the staff listed in this book, or send an email to: subjectselection@notredame.vic.edu.au.

Best wishes for your research and the Year 9 journey ahead.

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# **GENERAL INFORMATION**



# SUBJECT SELECTION QUERIES

subjectselection@notredame.vic.edu.au

# **COLLEGE CONTACTS**

# ■ Learning Diversity

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# MAKING YOUR SELECTIONS

Subject selections are to be made online using Web Preferences. A link to access Web Preferences is emailed to your College email account. You should ensure you complete your subject selections by the due date to have the best chance of being allocated to subjects of your choice.

### SUBJECT AVAILABILITY

The availability of any subject is dependent upon sufficient numbers of students wishing to undertake that subject. Some subjects also have limits on class size. If you are unsure about returning in 2026, we would ask you to complete the subject selection process online just in case you do return.

### ADDITIONAL COSTS

In some subjects there are additional costs which are over and above the normal school fees. These are listed in the subject descriptions and are correct at the time of publication but are subject to change. The College makes every effort to keep any additional costs to a minimum.



# **DABORRA**

Daborra is the Yorta Yorta word meaning footpath. The name Daborra has been chosen to reflect the connection to land and country that the Year 9 outdoor learning experience provides. Daborra is held during Term One in various Victorian locations, which may include Anglesea, Cathedral Ranges, Gembrook, Murray River and Lake Eildon. It is a highlight of College life, with the memories treasured well beyond graduation day.

Whilst on Daborra, you will develop your leadership, teamwork and social skills. Your choice of location aims to align to your physical and psychological skill set. Adventure Plus (AP) runs the programme in conjunction with Notre Dame College. AP has a history of providing excellent service and is Australia's most established outdoor education provider. You will undertake a challenging and rewarding journey in bush or coastal environments, away from distractions, eating well-prepared healthy food, and tackling various adventure activities. You will gain new insight into your abilities, discover more about your potential, and learn to improve your perseverance in the face of challenge. The Daborra experience provides a great opportunity to learn about indigenous culture and will be revisited throughout the year through various learning activities across the curriculum.





# YEAR 9 PROGRAMME STRUCTURE

# **CORE SUBJECTS**

Year 9 students undertake the following core subjects:

- Religious Education
- English
- Mathematics
- Science
- Cafe Emmaus (one semester)
- Health and Physical Education
- Australians Together (one semester)
- Humanities (students choose two subjects)

# **ELECTIVE SUBJECTS**

Year 9 Students choose three electives for each semester from the list of available elective subjects in this guide. You are not permitted to select or study the same elective twice.

### Please Note:

- Japanese, Italian and VET Agriculture run for the full year and must be selected in both semesters.
- No Year 9 elective subjects are prerequisites for Year 10 courses, with the exception of Japanese and Italian.



## SELECTING YOUR SUBJECTS

Students at Year 9 are encouraged to treat these electives as a way of learning in different areas with the aim of expanding knowledge, moving out of your comfort zone and exploring new interests.

There are many advantages to trying out subjects from a range of different Learning Areas. Some of these benefits include:

- ✓ Developing a capacity for different types of thinking and learning
- ✓ A chance to develop a broader range of skills and experience
- ☑ An opportunity to discover hidden talents
- Developing an appreciation for a variety of subject areas
- Expanding academic horizons
- ☑ Enhancing flexibility

When making subject selections it is important that you discuss your choices with your parents or guardians and direct questions about the content of subjects to the relevant subject Learning Area staff member listed in the contact list in this guide. If you have queries relating to future aspirations or subjects required for particular careers, book an appointment with the Careers Counsellors to discuss.



# **VOCATIONAL EDUCATION AND TRAINING (VET)**

We are thrilled to be able to offer our Year 9 students the opportunity to participate in some Vocational Education and Training (VET) courses.

VET allows you to do nationally recognised training as a part of your Year 9 programme. Undertaking VET while at school allows you to mix general and vocational education and to make a start on training for a career before you leave school. VET enables you to explore career options and pathways and gain practical skills in a specific industry.

# WHY DO STUDENTS VALUE VET?

- Learn new skills. You may want to learn skills that you can apply at school, at work or to gain employment whilst undertaking further study.
- **Explore an industry**. Delve into an industry you may want to pursue a career in and learn more about, to see if it's right for you.
- Passion and personal interest. Maybe it's something you really enjoy, or something that interests you right now. Either way, once you learn a skill, you'll always be able to rely on it.

All Year 9 students complete their Food Handlers Certificate as part of Café Emmaus and may select our partial VET programmes of Certificate II in Salon Assistant or Certificate II in Agriculture.

DISCOVER MORE ABOUT VET



# YEAR 9 CORE SUBJECTS

# RELIGIOUS EDUCATION O9RED

In Year 9 Religious Education, you will continue to build on the foundational knowledge gleaned in Year 7 and 8. You will deeply analyse prayer and scripture, look closely at the history of the Church in Australia and celebrate religious diversity. You will have the opportunity to explore important people within the Church and the prophets and saints. The Year 9 Religious Education curriculum allows you to continue making connections between your faith and your every day life.

# ENGLISH 09ENG

You will explore the text The Blue Dress, a range of intense songs from the protest music tradition and William Shakespeare's classic tale of love and tragedy, Romeo and Juliet. The Indigenous poetry unit will develop your skills in writing and creating whilst learning about the culture. Through this study, you will engage in various points of view to develop your comprehension of the world. You will be expected to read extensively, responding to set texts through formal written and oral tasks. You will polish your ability to write and speak analytically, persuasively and creatively. Additionally, in preparation for the rigour of senior study, conferencing and proofreading skills will be a major development focus.

## AUSTRALIANS TOGETHER 09ATO

In this subject you will explore Indigenous Australian history and culture. You will be immersed in stories and articles that help you understand the connection between our nation's past and present. We also connect with local First Nations communities and learn about inspirational leaders and stories of past and present, with a view to building a bright future.

# CAFE EMMAUS [VET] 09CAF

# ADDITIONAL COST \$75 per student

### REGISTERED TRAINING ORGANISATION IVET (40548)

Café Emmaus is studied for one semester (two terms) and you have a real hands on and practical approach whilst preparing food for customers through Café Emmaus and the school canteen to industry standards. You will learn about how to work safely, follow procedures for emergency situations and participate in organisational WHS practices along with being able to follow hygiene procedures and identify food hazards, report any personal health issues, prevent food contamination and prevent cross contamination by washing hands.

UNITS OF STUDY SITXWHS001 Participate in safe work practices, SITXFSA001 Use hygienic practices for food safety (Food Handlers Cert)

# HEALTH AND PHYSICAL EDUCATION 09HPE

In this subject you will complete both practical (Physical Education) and theory (Health) classes throughout the entire year. You will get the chance to develop more complex and manipulative motor skills through various practical activities including striking/fielding, net/wall, invasion/territory, target and non-traditional games. Practical assessment is ongoing and takes into account your teamwork, sportsmanship, a willingness to participate, persistence and the development of both strategies and skills in games. In Health classes you will learn about important topics, such as risk-taking, nutrition, sexuality and respectful relationships.

### MATHEMATICS 09MAT

In Year 9 Mathematics, the course focuses on the development of mathematical skills in the areas of Algebra, Number, Statistics, Probability, Measurement and Geometry. You have the opportunity to fill gaps in your background knowledge as well as accelerate your learning up to a Year 10 level. Teachers deliver individualised skills-based learning complemented by regular problem-solving tasks and investigations. All are aimed at developing your mathematical reasoning and fluency. You receive feedback on your learning by completing a Maths test every fortnight. Students who master all of the Year 9 content will have the opportunity to learn topics delivered from Year 10 content as part of an advanced group with the aim to prepare you for Year 10 Mathematical Methods.

### SCIENCE 09SCI

During Year 9 Science you will continue to develop your understanding and application of Science Inquiry Skills. Core Science at Year 9 incorporates the studies of Physics, Chemistry, Biology and Earth Science. Through laboratory experiments you will gain an understanding of Magnetism, Energy and Heat Transfer, Atomic Structure and Chemical Reactions. You will also explore the evidence and theory behind Plate Tectonics, and will investigate how organisms respond to changes in the environment with an emphasis on the Central Nervous System and Photosynthesis.

# THE HUMANITIES

Students must select a minimum of two of the four Humanities subjects outlined below.

## AUSTRALIANS AT WAR [HISTORY] 09AWA

In this History unit you will be immersed in the causes, involvement and outcomes of World War One, discovering how Australia's participation shaped our nation. You will undertake an in-depth investigation of a soldier's journey, while developing source analysis and History writing skills.

# EMPOWERED YOUTH [CIVICS AND CITIZENSHIP] 09EYO

In this Civics and Citizenship unit, you will build on your understanding of the concepts of the Westminster system, democracy, democratic values, justice and participation. You examine the role of key players in the political system and the way citizens' decisions are shaped during an election campaign. You also investigate how Australia's court system works and the principles of law it is based on.

# EXPLORING PEOPLE AND PLACES [GEOGRAPHY] 09EPP

This is a Geography themed subject in which you study topics such as food security, urban sprawl, climate change, waste and the conditions a lack of food security imposes on people. You also investigate our connection to place in topics such as mapping, connections in trade, communication through technology and transport. To conclude the unit we focus on communications and the changes brought about by devices and the internet.

# MONEY COUNTS [ECONOMICS] 09MCO

This is an Economics and Business subject where you study the purpose of money, how it works in the world and its relationship to the Australian economy. You will investigate employment terms and rights as well as exploring job opportunities. You will also develop your understanding of tax, how to budget, credit and interest.

# YEAR 9 ELECTIVE SUBJECTS

# AGRICULTURE [VET] 09VAG

QUALIFICATION AHC20122 Certificate II in Agriculture ADDITIONAL COST \$75 per term

REGISTERED TRAINING ORGANISATION Wodonga TAFE (3097)

On completion of the four units students receive a statement of attainment (this is not a full qualification, this can only be achieved if students complete the full course). To achieve success in this engaging course a full commitment to both practical and theory work is required. You will be working with animals on the school farm during the year, with the aim to develop an understanding of their management. This subject is an ideal pathway into a vast array of agricultural based careers.

UNITS OF STUDY AHCWRK210 Observe and report on weather, AHCBIO204 Follow site biosecurity procedures AHCLSK205 Handle livestock using basic techniques, AHCLSK211 Provide feed for livestock

# BEAT PRODUCERS [THE ARTS] O9BPR

Love music? Got a passion for beats, loops, or remixing tracks? In Beat Producers, you'll take your music production skills to the next level. Building on what you've learned in Year 8 (or just jumping in fresh!), you'll explore how real music producers work—composing your own tracks, recording vocals and instruments, sampling audio, and remixing songs using professional Digital Audio Workstations (DAWs). You'll also learn the essential building blocks of mixing and mastering to give your music a polished, industry-ready sound. Whether you want to be a producer, performer, sound engineer, or just love creating music, this subject gives you the skills to bring your sound to life.

# BRIGHT SPARKS [TECHNOLOGY] 09BSP

Bright Sparks offers an introductory level into electrotechnology, building on Year 8 Systems knowledge. The course covers basic electrical theory to accommodate all students. It aims to deepen understanding of electrotechnology's societal impact through electronic product development. You will research electronic components and learn about Arduino, an open hardware board, progressing from simple to complex circuits at your own pace. One of the major projects, the Jouster Bot, involves assembling motorised gearboxes controlled by infra-red technology onto a chassis. You then engage in team-oriented soccer matches using your constructed bots. This course provides a comprehensive foundation for students interested in advancing their understanding of electrotechnology and its applications, fostering both theoretical knowledge and practical skills essential for future studies and projects.

### CAFE CULTURE [VET] 09CCU

This practical subject provides an insight to working in the Hospitality industry with a focus on the cafe style setting. You apply a range of practical skills and processes in the kitchen to produce a range of quality food items suited to the cafe environment. The theoretical topics include units that support you to understand the business focus of the hospitality industry.

UNITS OF STUDY BSBWRT311 Write simple documents, BSBXTW301 Work in a team

# CREATIVE DESIGN (MULTIMEDIA) [THE ARTS] 09CDE

This course is intended to introduce you to the many career opportunities available in the Creative Industries field such as 3D artists, web designers, animators and special effects artists. You will be provided with an introduction to the skills developed in the Certificate III in Screen and Media which the college delivers in partnership with the Academy of Interactive Entertainment. You will receive an introduction to digital photo editing, web design and 2D animation. Skills will be developed in a series of practical product-based projects.

# DRAMA [THE ARTS] 09DRA

Ever wanted the opportunity to build your confidence as a performer or to work creatively to design sets, props and/or costumes? Then Year 9 Drama is the subject for you! Throughout the course you will participate in activities that build your skills as a performer and as a designer. You will explore ways to express yourself by experimenting with methods of movement, voice and expression. Working with design elements (sets, props, costumes) will happen as you work with a group to plan, design and present short performances to the class. You will also get to view a live performance and analyse how the elements of theatre were used.

# ENGINEERING WORKSHOP PRACTICES [TECHNOLOGY] 09EWP

Wow! What a great all-rounder of an Engineering subject. This subject gives you the opportunity to develop skills in the Mechanical Engineering trade. You will learn to use a range of hand and power tools and operate a range of complex machines and specialised fabrication equipment, including how to read and interpret engineering drawings. Through regular practice, you will learn the basic processes of Gas Metal Arc Welding (MIG Welding) to complete a product. Through self-generated research, you design your model in detail prior to construction and will compile a detailed evaluation upon completion. This subject will help you to develop skills that will be valuable if you are interested in undertaking Engineering Workshop Practices in Year 10 or VET Engineering as a future subject.

# FITNESS/BOOT CAMP [HEALTH AND PE] 09FBO

In this elective you will complete a series of measurable fitness tests, which you will then break down to assess your individual fitness level in a range of fitness components. You will learn about fitness components, measures of fitness, training principles and training methods for individuals and groups. Through practical sessions and local excursions, you will develop and maintain your fitness level to allow for sustained participation in moderate to vigorous physical activity.

# GAME DESIGN [TECHNOLOGY] 09GDE

This elective provides you with the opportunity to acquire the skills and knowledge necessary for creating digital games and apps. You learn two languages. The first is block coding with Scratch and the second is web page development with HTML and JavaScript. You learn coding skills and concepts for making different types of games including racing, tennis, catching, platform, escape, quest and launching. There is plenty of room for experimentation and each unit includes problem solving using algorithms or coding as part of a broader computer science education.

# HAIRDRESSING [VET] 09VHA

QUALIFICATION SHB20216 Certificate II in Salon Assistant

ADDITIONAL COST \$75 per student

REGISTERED TRAINING ORGANISATION AIET (121314)

This is a preparatory qualification which provides a defined and limited range of basic skills and knowledge used in hairdressing salons by individuals who provide assistance with client services.

UNITS OF STUDY SIRRINVOOI Receive and handle retail stock, SIRXSLSOOI Sell to the retail customer, SHBHDESOO2 Braid hair

# HEALTHY FOODS [TECHNOLOGY] 09HFO

This practical subject provides you with skills to prepare a range of meals with a focus on healthy foods. You will investigate the Australian Guide to Healthy Eating, nutrient functions and their food sources, as well as the ability to understand food labelling. You will also look at appropriate recipes for stages of the lifespan and learn to prepare healthy food items as opposed to buying pre-packaged or take-away foods.

# ITALIAN [LANGUAGE] 091TA

IMPORTANT Italian is a year long subject, students who select this elective will study it in semester one and semester two. Year 9 Italian is a prerequisite for studying Year 10 Italian. Students can only select this elective if they have studied Italian in Year 8. Students wishing to undertake the Year 10 Baccalaureate programme must continue with their language in Year 9. Please see Senior Pathways book for more information on the Baccalaureate programme.

Italian is a rewarding language to learn as it opens up the riches of Italy's cultural past and its dynamic present. Using the communicative approach, this elective focuses on the development of pronunciation, grammar and practical vocabulary. You will learn useful phrases and will be able to understand, speak, read and write simple Italian. You will practice speaking - through holding simple conversations - and writing through compositions and dialogues.

# JAPANESE [LANGUAGE] 09JPN

IMPORTANT Japanese is a year long subject, students who select this elective will study it in semester one and semester two. Year 9 Japanese is a prerequisite for studying Year 10 Japanese. Students can only select this elective if they have studied Japanese in Year 8. Students wishing to undertake the Year 10 Baccalaureate programme must continue with their language in Year 9. Please see Senior Pathways book for more information on the Baccalaureate programme.

In Japanese you will improve your Japanese speaking, listening, reading and writing skills. You will learn about Japanese culture and traditions, people, society and history. As well as improving your knowledge of Hiragana and Katakana, you will develop your knowledge of a third script, Kanji.

# MEDIA [THE ARTS] 09MED

In Year 9 Media you will build on your knowledge of cinematography and genre acquired in Year 7 and 8 Media. You will explore and use vocabulary relevant to the study of media and cinematography and develop confidence using editing software to construct media presentations. You will learn about how film-makers use conventions to adhere to certain genres. Through an enhanced understanding of cinematic techniques, you will plan and produce a recreated movie trailer, specific to a genre by using differing conventions. You will reflect on your production and editing processes and how well you have achieved your objectives. This subject would suit students who have completed Year 7 and 8 Media and are interested in a career in the media or film production industry.

# MUSIC [THE ARTS] 09MUS

Year 9 Music introduces you to music of various styles. You will work with others to select, rehearse and perform pieces of music as part of a band. There are opportunities to try a range of musical instruments or to be the singer of the group. You can choose songs from a diverse range of styles. No previous musical experience is required, although students who take on this subject are encouraged to begin with a chosen instrument/voice. The only requirement is an interest in music. Other areas of study include developing listening skills and learning to read and write musical notation. This is achieved through engaging classroom activities that build musicianship and teamwork.

# OUTDOOR AND ENVIRONMENTAL STUDIES [HEALTH & PE] 090ES

ADDITIONAL COSTS \$280 to cover the two compulsory overnight camps and various activities.

HIGHLY RECOMMENDED This subject is highly recommended for those who are interested in accelerating VCE Outdoor and Environmental Studies (OES) Units 1 & 2 in Year 10 and Units 3 & 4 in Year 11, as OES cannot be completed in Year 12.

In this elective you will complete both theoretical and practical components over the semester that will introduce you to the wonders of the outdoors. Theoretical components may include a focus on bush cooking, navigation and map reading, teamwork and leadership, weather and minimal impact. Practical components may include team building initiatives, cooking with Trangia stoves, orienteering and tent set up.

# PSYCHOLOGY INTRODUCTION [SCIENCE] 09PSY

You learn about the structures and functions of the brain, brain imaging and the role of the brain in controlling our thoughts, feelings and behaviours. You will study Positive Psychology principles and investigate the impact of relevant practices on a person's overall well-being and performance. You will examine the relationship between mental health and the brain, and explore ways to live a more positive, healthy life. You will also develop an understanding of relevant research methodology and terminology.

### ROBOTICS [TECHNOLOGY] 09ROB

You work in pairs to build a robot out of Lego that uses sensors to find its way around. You will have the opportunity to learn to program your robot to perform various tasks using Lego Mindstorms EV3 software; enjoy competing against others in a series of challenges; and investigate how robots are currently used in local industry, and around the world.

# SCIENCE DETECTIVES [SCIENCE] 09SDE

This elective is designed for Year 9 students with a keen interest in science and a desire to deepen their understanding of scientific methods. Science Detectives aims to develop analytical abilities and proficiency in scientific inquiry and problem-solving through the investigation of forensic science techniques such as fingerprinting, DNA analysis, chromatography, entomology, odontology, spectrometry, toxicology and arson investigation. The subject draws on the application of advanced scientific skills in data collection, presentation, analysis and interpretation. A key component of the course will be the documentation of experimental procedures and results, which will help in developing practices essential for scientific research. By the end of the elective you should have developed a set of scientific skills that can be applied across a variety of disciplines in science.

# SPORTS COACHING [HEALTH & PE] 09SCO

In this elective you will spend the semester learning the basic skills (including both practical and theoretical) needed to be an effective coach. You will have the opportunity to put into practice the skills you have learnt by running various sessions with your class and by coaching local primary schools. This subject is highly recommended if you are interested in pursuing VET Sport, Aquatics and Recreation in the senior years. You MUST purchase a whistle for use in this unit from any sports store for \$3-\$18.

# STREET ART [THE ARTS] 09SAR

You learn about the cultural significance of Street Art, its importance as a current art practice and its growing popularity. You will plan, create and reflect on artworks. You will also develop skills in this style with techniques such as stencil and spray paint.

# TEXTILES [TECHNOLOGY] 09TEX

You extend your textiles skills gained in junior years with hands-on, practical tasks and activities as well as a written investigation. You look at aspects of the textile industry including the impacts of the industry on our world. You design, create and evaluate a sewing project which involves repurposing used clothes, sheets or other material to create something new with an emphasis on reducing waste. Your sewing project could include an item of clothing, pencil case or pillow case for example.

# THEATRE: BEHIND THE SCENES [THE ARTS] 09TBS

Welcome to Behind the Scenes, an exciting new subject for Year 9 students passionate about the artistry of theatre. In this hands-on course, you'll discover professional theatre design roles. Engage in hands-on projects, sketch set designs, build models, craft props, apply special effects makeup, design and program lighting designs, develop soundscapes, attend live performances and get exclusive backstage insights. The course also aims to facilitate meetings with guest speakers from the industry and visit local theatre workshops. Whether you are continuing on from Year 8 or just starting your creative design journey, you'll find time and support to develop skills in the design roles you prefer. You'll love Behind the Scenes for its creative freedom, allowing you to express your creativity and see your designs come to life. Gain practical skills with theatre equipment, preparing you for future studies and careers and be part of the creative process that makes the magic of theatre truly spectacular!

# VISUAL ART [THE ARTS] 09VAR

You will develop your observational drawing skills by completing work on Still Life. You will explore a range of different 2D and 3D media, producing and displaying a range of finished works. You will draw inspiration from a range of sources, both digital and environmental. There will be ongoing evaluation and annotation of your design process.

# WOMEN IN TECHNOLOGY: METAL AND WOOD [TECHNOLOGY] 09WMW

Female and nonbinary students are encouraged to consider this exciting Technology elective.

This elective is for students who enjoyed Wood and Metal in Year 7 and 8 and are wishing to extend their skills and confidence to design and make projects in the Emmaus technology workshop. You will further develop your knowledge of the design process and apply the learning to the development of useable products made from wood, metal, or a combination of both. You will encounter a range of familiar and new tools and equipment in the workshop to make your projects. You will continue to build upon your knowledge and practical application of safety in a workplace environment.

# WOOD [TECHNOLOGY] 09W00

In this elective, you'll expand your understanding of how things are designed and put that knowledge into creating useful items out of wood. You'll get to use a variety of tools and equipment in the workshop, some of which you may already know and others that will be new to you. After you finish designing and making your projects, you'll look back at everything you've done and see how well it all went. You'll also learn more about staying safe while working in a workshop.

# BIG BANG THEORY [MATHS AND SCIENCE EXTENSION SUBJECT] 09BBT

Big Bang Theory is for those students with a love for Mathematics and an interest in its application to Space and Space Travel. This subject caters for students who are high achievers in Maths, deepening your understanding of Mathematical concepts through exploring their use in the Space Travel industry.

# THE WRITE STUFF [ENGLISH EXTENSION SUBJECT] 09TWS

This subject is for capable English students and avid readers who enjoy writing. You will study different text types as mentor texts and in doing so will explore how they are put together, practising the use of those techniques in your own writing. Ultimately, you will develop and hone higher level skills as a way of expressing yourself through writing and to extend your success in this area in senior years of schooling.

# LEARNING SUPPORT [LEARNING DIVERSITY] 09LSU

Learning Support is a Year 9 elective which is available to students who have been recommended to participate.

This course aims to build on your individual strengths in order to achieve academic success. This elective provides specific targeted Literacy Intervention as well as the opportunity to receive support across all subject areas. You work through online modules that will assist you to further develop your literacy skills. You will also participate in personalised learning tasks that are specifically targeted at supporting your grammar, spelling, writing, speaking and listening skills, as well as organisation and work habits.

# SPORTS ACADEMY [HEALTH AND PE] 09SAC

IMPORTANT This subject has restricted entry. If you are accepted into the Sports Academy at Year 9 you will complete the course as an elective in both semesters and you will be unable to select the semester length Fitness Bootcamp elective.

The Sports Academy has been formed to assist talented student athletes to achieve at the highest levels of performance in their various sports and to help them with their personal education and vocational development. The Sports Academy will be offered as a select entry programme at Year 8, Year 9, Year 10, Year 11 and Year 12. If you are selected into the Sports Academy you will complete specialised theory content aimed to provide you with prior VCE knowledge, specific knowledge required by athletes and an introduction into possible careers in the sporting industry. Theory topics covered in Year 9 are Athlete Anatomy and Physiology and The Physics of Sport. You will participate in one strength and conditioning training session during your timetabled practical class each week. Additionally, you will complete a sports-specific skill training session five times per term in the morning before school.