

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 / 1-8 1 / 9-10	Exercise Physiology <ul style="list-style-type: none"> Skeletal system Muscular system Circulatory system Respiratory system Energy system Training principles and methods Effects of exercise on the body Injury and prevention Motor learning and development <ul style="list-style-type: none"> Classification of skills Factors affecting motor learning and development 	W8: WA1 – Exercise physiology
2 / 1-4 2 / 5-9 2 / 10	Motor learning and development <ul style="list-style-type: none"> Information processing model Feedback Movement concepts and motor skills framework Game-related concepts Biomechanics <ul style="list-style-type: none"> Newton's laws of motion Stability Summation of forces Projectile motion Movement phases Sports psychology <ul style="list-style-type: none"> Motivation 	W7: SLF W8: WA2 – Individual and team practical activity

3 / 1-3	Sports psychology <ul style="list-style-type: none"> • Arousal and performance • Anxiety • Goal setting 	W8: MLD, biomechanics & sports psychology
3 / 4-6	Performance analysis <ul style="list-style-type: none"> • Analysis of Physical Performance • Analysis of Technical Performance • Analysis of Tactical Performance 	
3 / 7-10	Sports sociology <ul style="list-style-type: none"> • Ethics • Equity • Commercialisation 	
4 / 1-2	Content revision	