

**MINIMUM PRIOR ACHIEVEMENT REQUIRED**

Students must have the approval of the HOD. Students are encouraged to take this course to complement 13 PED.

**INTRODUCTION**

This course is designed for students who have an interest in sport and/or are looking for career options in the sports and fitness industry. Students who elect this course will learn a wide range of related practical skills. The course studies Sports Management, Sport Science, Sport Coaching and Leadership, Sport Performance, Sports Nutrition and Sports Injury. The course is internally assessed and offers both NCEA Achievement Standard credits in Physical Education and a number of Industry Training Organisation (Skills Active) Unit Standards credits..

**CONTENT**

Students will develop skills in a range of areas:

- Sport Science – developing specialist knowledge in the human body (anatomy and physiology) as it relates to fitness and sports performance.

Understanding and applying principles and methods of training.

- Sports Coaching & Leadership – Understanding leadership process and the application of leadership strategies to coaching in sport
- Sports Administration & Management – Applying a business model to the administration and management of sports.
- Sports Nutrition : Nutrition principles for Sport
- Sports Performance – Performance in Basketball.

**FUTURE PATHWAYS**

Further study for a degree in Sport and Exercise (CPIT, Massey University, AUT) or Sports Coaching (University of Canterbury) or Bachelor of Physical Education at University of Otago can lead to careers in Teaching, Sports Science, Sports Coaching, Fitness Training, Strength & Conditioning, Sports Administration and Management, Sports Nutrition, Physiotherapy and Sports Medicine

**COSTS**

\$25.

**NCEA STANDARDS – 13SPS**

*Not all standards will necessarily be assessed.*

	Level	Cred-its	UE Rdg.	UE Wrtg.	
Internal					
21414 v3	3	4	no	no	Plan and run a recreation activity
21791 v1	2	4	no	no	Relate human anatomy and movement to gym equipment and static stretching
21793 v1	2	2	no	no	Demonstrate correct technique when using basic gym equipment
22771 v2	3	4	no	no	Plan a beginner level coaching session for sport participants
26225 v2	3	4	no	no	Communicate in a sports environment as a sports official
91505 v2	3	4	yes	no	Physical Education 3.8 - Examine contemporary leadership principles applied in physical activity contexts