

## **PREREQUISITES**

- 12 credits at Level 1 or Level 2 NCEA Physical Education
- Compete at a high level in at least one sport for TBHS
- A sound level of fitness
- A genuine interest in a sporting career, fitness/sport

## **COURSE OUTLINE**

**The practical component will provide students the opportunity for:**

- Supervised Strength Training in the school weights room
- Speed, flexibility, interval, agility training
- Video analysis
- Sport Specific Skill development
- On-going evaluation of fitness components
- Designing, implementing and evaluating a Personal Training Programme
- Sports coaching

**The theory component will include the following topics:**

- Anatomy
- Exercise Physiology
- Exercise Prescription
- Sports Psychology
- Sports Nutrition

## **ASSESSMENT**

Six credits at Level 2 and four credits at Level 3

## **WHERE DOES IT LEAD?**

As for Year Level 2/3 Physical Education

## **CONTRIBUTION**

This is required to cover clothing equipment, trips and travel.  
Approximately \$100 - to be confirmed

## **CONTACT**

Mr C Gibb