



Sport coaching, fitness, and recreation

The aim of this programme from the **Southern Institute of Technology** is to provide ākonga with a foundation of knowledge to work in the recreation and sport community.

Ākonga may begin their studies at any time of the year however assessments must be completed for marking by the beginning of December. There are no mandatory units, and ākonga may choose units from the table below up to a maximum of 12 – 14 credits.

Unit Standards available:

SPORT COACHING

LEVEL 3			
Unit Standard	Description	NCEA Level	Credits
20673	Demonstrate knowledge of injuries, injury prevention and risks and hazards associated with sport or recreation	3	5
25805	Demonstrate knowledge of individual and group characteristics and needs for coaching participants in sport	3	3
30447	Demonstrate basic knowledge of anatomical structures and physiological responses to exercise	3	5
30932	Demonstrate knowledge of pre-designed exercise programmes, exercise principles, components and adherence	3	10
31675	Demonstrate knowledge of the role and responsibilities of a coach and of coaching beginner level sport participants	3	7

6896	Demonstrate knowledge of recreation	3	3
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FITNESS, RECREATION AND SPORT

LEVEL 2/3			
Unit Standard	Description	NCEA Level	Credits
27299	Describe benefits of participation in recreation in the local community	2	2
6571	Demonstrate knowledge of micro and macro nutrients and nutritional imbalances	3	5
30636	Demonstrate knowledge of the human body and its movement during exercise and stretching	3	7

If you any questions about these Unit Standards or you would like to enrol please email seth.smith@tekura.school.nz