****

**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 |

**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](mailto:seth.smith@tekura.school.nz)