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**Sport and Exercise**

The aim of this programme from the **Southern Institute of Technology** is to provide students with a foundation of knowledge to work in the recreation and sport community. It will also provide knowledge for students to progress into more advanced studies in sport and exercise.

Students may begin their studies which are by booklet at either Level 2, 3 or 4, at any time of the year. There are no mandatory units, and students may choose as many or few units as they wish from the table below. All assessments must be completed for marking by the beginning of December.

The Unit Standards are as follows:

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| **LEVEL 2** | | | |
| **Unit Standard** | **Description** | **NCEA Level** | **Credits** |
| 18763 v3 | Describe the process of community development as a participant | 2 | 3 |
| 22770 v2 | Demonstrate knowledge of sports coaching, the coaching environment, and sport participants' needs | 2 | 4 |
| 27299 v1 | Describe benefits of participation in recreation in the local community | 2 | 2 |
| 6571 v5 | Demonstrate relevance of principles of nutrition to health | 2 | 2 |
| **LEVEL 3** | | | |
| **Unit Standard** | **Description** | **NCEA Level** | **Credits** |
| 20673 v3 | Demonstrate knowledge of injury prevention and risk and injury management in sport or recreation | 3 | 4 |
| 21646 v2 | Apply basic principles of biomechanics to a selected sport | 3 | 4 |
| 22265 v1 | Demonstrate knowledge of exercise prescription | 3 | 7 |
| 22266 v1 | Demonstrate knowledge of exercise physiology and human anatomy | 3 | 10 |

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| **LEVEL 3 continued…** | | | |
| **Unit Standard** | **Description** | **NCEA Level** | **Credits** |
| 25818 v2 | Select and use information and technology for development as a sport coach | 3 | 2 |
| 27302 v1 | Demonstrate professional behaviour in a recreation workplace | 3 | 3 |
| 6896 v5 | Demonstrate knowledge of recreation | 3 | 3 |
| 7016 v5 | Monitor and promote client security, comfort, enjoyment, and learning in recreation | 3 | 3 |
| 7038 v3 | Explain the purpose and structure of a fitness enterprise | 3 | 4 |
| **LEVEL 4** | | | |
| **Unit Standard** | **Description** | **NCEA Level** | **Credits** |
| 20811 v2 | Train to develop conditioning for a selected sport at a basic level | 4 | 5 |
| 6572 v6 | Apply the principles of nutrition to people involved in physical activity \*(Recommend Unit 6571 first) | 4 | 4 |

If you any questions about these Unit Standards or you would like to enrol please email [kathryn.smith@tekura.school.nz](mailto:kathryn.smith@tekura.school.nz)