

# Sport and Exercise



“This course is real life, focused learning.”  
TRADES ACADEMY STUDENT

If you are into sport and exercise and want to know more about how your body responds and adapts to exercise, then this is the programme for you.

Find out how your body reacts to training and what things you should be including in your training to improve your sports performance and fitness.

Have a look at some of the common training tools, fitness methods and models and apply these to yourself and others. Train in a different environment with up-to-date instructors and get a feel for the other options you could go on to study to be able to work in the sport, health and fitness industry.

The Sport and Exercise programme gives you a practical opportunity to develop your own sports training and fitness; while exploring the wide career opportunities in the fitness, sport and recreation sector.

**On completion of this course you will be able to:**

- Develop knowledge and skills and the correct technique related to the use of gym equipment.
- Demonstrate knowledge of macro and micro nutrients and nutritional imbalances.
- Manage personal physical fitness with guidance.
- Explain the purpose and structure of a fitness enterprise.

Note: Some unit standards may change. Final information on the standards specific to your course will be available prior to starting your programme.

▶ For more information on what you will learn and the credits you can achieve in this programme, go to the Trades Academy website and follow the course information links.

 [office@tradesacademy.ac.nz](mailto:office@tradesacademy.ac.nz)  
[tradesacademy.ac.nz](http://tradesacademy.ac.nz)

## TRAINING PATHWAYS

TRADES ACADEMY TRAINING

- Tertiary pre-employment training that includes the NZ Diploma in Sport
- Recreation and Exercise (Level 5 and Level 6) and Bachelor of Sport and Recreation at Te Pūkenga NMIT

University Studies:

- Health Sciences
- Physical Education

## EMPLOYMENT OPPORTUNITIES

- Sports Trainer
- Health Sector Teaching
- Personal Trainer
- Coach
- Business Owner

Head to our website [tradesacademy.ac.nz](http://tradesacademy.ac.nz) to read the personal accounts of our past graduates and students.



**NCEA: Level 2**

Refer to the resources page of our website [www.tradesacademy.ac.nz/resources/](http://www.tradesacademy.ac.nz/resources/) for more details



**Starts:** February 2024



**Time:** 9am to 2.30pm  
Fridays



**Location:** Te Pūkenga  
NMIT Nelson

Note: If circumstances change there could be mixed models of delivery e.g online, face to face one day per week or block options.