

Curriculum Goals:

To provide students with the opportunity to experience exercise-related training and to develop their understanding and knowledge of the wellbeing and health fields to assist them in making an informed decision for further study and/or employment within the recreation and sports industry. Students will be given the opportunity to learn through engaging in realistic and authentic tasks.

Vocational Pathway: Service Industries

Learner Goals and Outcomes: On completion this course, the student will be able to:

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

Unit Standards					
Unit No	Title	Level	Credits	Version	SR/R
21791	Relate human anatomy and movement to gym equipment and static stretching	2	4	2	SR
21792	Demonstrate knowledge of health risk factors and disease, and monitor exercise stress	2	4	2	SR
21793	Demonstrate correct technique when using basic gym equipment	2	2	2	SR
21794	Demonstrate, instruct and monitor static stretching	2	3	1	SR
7038	Explain the purpose and structure of a fitness enterprise	3	4	3	
6571	Demonstrate knowledge of micro and macro nutrients and nutritional imbalances	3	5	6	SR
505	Manage personal physical fitness with guidance	1	3	6	R
	Total DAS Credits		25		

Vocational Pathways: SR = Sector Related; R = recommended

To receive a Vocational Pathways Award, students must gain NCEA Level 2. Within the 80 credits required to achieve NCEA Level 2, 60 of these Level 2 credits must be from the recommended standards in one or more pathways, including 20 Level 2 credits from sector related standards.

Methods of Assessment: Four forms of assessment will be used

1. Practical assessment
2. Written workbook
3. Written assignment
4. Logbook