



2025 Course Outline

Sport and Exercise



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. Develop and implement an exercise plan for personal physical fitness.
4. Conduct and review a beginner level coaching session.

Unit Standards					
Unit No	Title	Level	Credits	Version	SR/R
6571	Demonstrate knowledge of micro and macro nutrients and nutritional imbalances	3	5	6	SR
22768	Conduct and review a beginner level coaching session	2	4	3	SR
21649	Demonstrate knowledge of basic anatomy to the performance of a complex sport skill	2	3	3	SR
21794	Demonstrate, instruct and monitor static stretching	2	3	1	
30935	Develop and implement an exercise plan for personal physical fitness	3	5	1	
Total DAS Credits			20		

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: Three forms of assessment will be used

1. Practical assessment
2. Written workbook
3. Logbook