

Curriculum Goals:

To provide the student 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. This course is practical and experiential. The student will be given the opportunity to learn through engaging in realistic and authentic tasks.

Vocational Pathway: Service Industries

Learner Goals and Outcomes: On completion of 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 health risk factors and disease, monitor exercise stress and demonstrate the relevance of principles of nutrition to health.
3. Manage personal physical fitness with guidance.
4. Explain the purpose and structure of a fitness enterprise
5. Decide if they wish to pursue a career in the wellbeing and health industries.

Unit Standards					
Unit No	Title	Level	Credits	Version	SR/R
21791	Relate human anatomy and movement to gym equipment and static stretching	2	4	1	SR
21792	Demonstrate knowledge of health risk factors and disease, and monitor exercise stress	2	4	1	SR
21793	Demonstrate correct technique when using basic gym equipment	2	2	1	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 relevance of principles of nutrition to health	2	2	5	SR
505	Manage personal physical fitness with guidance	1	3	6	R
Total NZQF Credits			22		

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	Requirement for Successful Completion:
Assessment methods will include:	To successfully complete the course, the student must:
<ol style="list-style-type: none"> 1. Practical demonstrations 2. Oral presentations 3. Practical activities 4. Written assessments 	Meet all learning outcomes for this course by successfully completing all assessment requirements.