Sport & Exercise

"This course is real life, focused learning."

TRADES ACADEMY STUDENT

TRAINING PATHWAYS

TRADES ACADEMY TRAINING

- Tertiary pre-employment training that includes the NZ Diploma in Sport
- Recreation and Exercise (L5 and L6) and Bachelor of Sport and Recreation at 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 to read the personal accounts of our past graduates and students.

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.

TOP OF THE SOUTH TRADES ACADEMY

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.

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.

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.

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

NCEA: Level 2

Starts: February 2022

Time: 9am to 2.30pm Fridays

Location: NMIT Nelson

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

office@tradesacademy.ac.nz
tradesacademy.ac.nz