



SPORT & Exercise

If you are into sport and exercise and want to know more about it then chances are this programme is right for you.

Find out how your body reacts to training and what things you should be including in your training for your sport and fitness. Have a look at some of the common training tools and methods and what fitness they are good for. Get a feel for the other things you could go on to study to be able to work in the sport, exercise and fitness industry.

Take the opportunity to explore whether this is the area you want to move into while getting to know a bit about yourself and your training.

Starts: February 2017
Time: 9am to 2.45pm one day a week
Location: NMIT Nelson



NEAVE ELLIS

SPORT & EXERCISE Te Aho o Te Kura Pounamu

The Trades Sport and Exercise programme really appealed to Neave, who plays representative hockey. "I thought the Trades programme would be a great way to learn about fitness and how it can be applied to what I do."

For Neave, the practical nature of the programme is a real highlight. "I really enjoy going to the gym every week. It's good to learn the theory of sport and exercise in the classroom and then apply it in the gym. I also like learning about fitness and healthy lifestyles and how different things can affect your training."

Neave would definitely recommend the Sport and Exercise Trades programme to other students. She says the tutors are friendly and supportive and want to help students get the most out of the programme as possible.

While Neave isn't sure what she'll do once she finishes school, she believes that having the opportunity to attend Trades has been really worthwhile.

PATHWAYS + OPPORTUNITIES



Tertiary pre-employment training that includes: **Certificate in Fitness and Exercise Science, Diploma and AUT Degree in Applied Fitness at NMIT**

UNIVERSITY STUDIES:
 › Health Sciences
 › Physical Education

Sports Trainer
Personal Trainer

Health Sector
Coach

Teaching
Business Owner

