



## OSTC Sport, Exercise and Health (Level 2)



If you want to apply, please talk to your career advisor.

Location	Dunedin
Delivery	One day a week for the school year

This Level 2 course will not be offered in 2020, but we are still offering our Level 3 OSTC Sport, Exercise and Health course.

Do you have a passion for helping people achieve their goals?

Then our introduction to Sport Exercise and Health programme could be for you! In this programme you'll gain a variety of experiences that will enable you to try out a number of industries.

### What will I do?

- > Learn effective interpersonal communication skills
- > Gain experience in sport, exercise and health services
- > Understand basic health and recreation principles.

On this course, you will learn about different NZ health issues through a variety of means – guest speakers, practical labs, group discussions. You will experience different ways to exercise, using a wide array of fitness equipment in the Otago Polytechnic Gym.

You will also experience activities in the outdoors, working in teams and building individual confidence.

### What could I do next?

Study for the Bachelor of Applied Science at Otago Polytechnic

Study for the New Zealand Certificate in Exercise at Otago Polytechnic

Study for the New Zealand Certificate in Outdoor and Adventure Education at Otago Polytechnic

Study the New Zealand Certificate in Health and Wellbeing (Level 3) (Health Assistants) at Otago Polytechnic.

### Where could this take me?

- > Sport Performance Analyst

- > Nutritionist
- > Disability Support Worker
- > Advocate
- > Personal Trainer
- > Physical Activity Advisor
- > Aged-Care Worker
- > Mental Health Worker
- > Health Promoter
- > Sports Coordinator
- > Counsellor
- > Occupational Therapist
- > Nurse
- > Midwife

## Units standards covered in this course

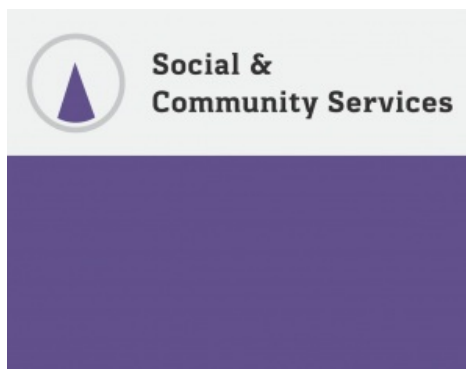
Name	OSTC Health and Wellbeing	Credits	Level
9677	Communicate in a team or group which has an objective	3	2
30810	Demonstrate and describe Waka Ama paddling and safety skills	15	2
21791	Relate human anatomy and movement to gym equipment and static stretching	4	2
21792	Demonstrate knowledge of health risk factors and disease, and monitor exercise stress	4	2
21793	Demonstrate correct technique when using basic gym equipment	2	2
21795	Demonstrate, instruct, and monitor safe and correct use of cardiovascular equipment	3	2

For more information about OSTC, visit [www.op.ac.nz/ostc](http://www.op.ac.nz/ostc)

We are doing our best to ensure that this information is accurate. However, there may be some content changes to our programmes, and all our programmes will run subject to demand and capacity.

### Disclaimer

While every effort is made to ensure that this sheet is accurate, Otago Polytechnic reserves the right to amend, alter or withdraw any of the contained information. The fees shown in this document are indicative ONLY. Both domestic and international fees are subject to change and are dependent on the development and implementation of Government policies. Please note that additional fees may from time to time be required for external examination, NZQA fees and/or additional material fees.



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