



## OSTC Sport Exercise and Health (Level 3)



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

Location	Dunedin
Delivery	One day a week for the school year.

Interested in Sport, Exercise and Health?

### What will I do?

- > Learn effective interpersonal communication skills and how to contribute to a team or group objective
- > Gain experience in Sport, Exercise and Health services
- > Understand the purpose and structure of the Fitness Industry
- > Gain experience in planning and conducting sports coaching sessions

You will develop and implement your own personal exercise programme using the Otago Polytechnic Gym, and learn about running a Fitness Centre. You will study nutritional imbalances and how they relate to health, with practical cooking sessions. You will also learn how to plan and deliver coaching sessions to local primary school students.

### 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
- > Sports Coach
- > Aged-Care Worker
- > Mental Health Worker
- > Health Promoter
- > Sports Coordinator
- > PE teacher
- > Counsellor
- > Occupational Therapist
- > Nurse
- > Midwife

## Unit standards covered in this course

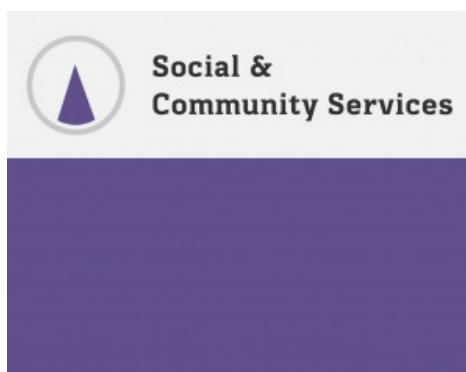
Name	OSTC Health and Wellbeing	Credits	Level
6571	Demonstrate knowledge of micro and macro nutrients and nutritional imbalances	5	3
7038	Explain the purpose and structure of a fitness enterprise	4	3
30935	Develop and implement an exercise plan for personal physical fitness	5	3
22771	Plan a beginner level coaching session for sport participants	6	3
22768	Conduct and review a beginner level coaching session	6	3
Total		26	

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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