

Your son or daughter has shown an interest in enrolling in the Waikato Trades Academy (WTA). The WTA is a secondary-tertiary partnership between secondary schools and Wintec. The purpose is for students to gain industry relevant experience and credits within a Vocational Pathway that interests them, while still studying at secondary school.



Helping people reach their optimum is the best feeling

MY PATHWAY IS BLUE



Service Industries

|||| NCEA Level: 34 Credits at Level 3.

|||| Students will be at Wintec one day per week during the school term (8.30am - 3.00pm).

|||| Location: Wintec Campus, Hamilton.

|||| Students must stay enrolled at school throughout the year to attend the academy.

Sport and Exercise Science is the application of scientific principles to how humans function in sport, health, fitness, wellbeing and performance.

This is more than just sports! Students will learn about sport and exercise topics such as anatomy and physiology, wellness, mental health wellbeing, human behaviour, exercise and nutrition. The practical components to this programming will enable you to understand the science behind how the body works.

The Sport and Exercise Science pathway is interactive, hands on and great for individuals who are interested in helping people reach their potential. You will be given insight into what it takes to create champions and if you are up for a challenging and exciting career in a growing industry, you can pathway into a higher level of sport and exercise qualification at Wintec.

Future Career Opportunities

Gym manager, personal trainer, professional coach, fitness instructor, exercise physiologist, secondary school physical education teacher, sports administrator, sport development officer, sports therapist, tertiary lecturer, sport nutritionist + many more!

For further careers information visit

wintec.ac.nz/wta
youthguarantee.net.nz
careers.govt.nz

Unit Standards Covered in This Programme Total Credits | L3= 34

Unit Standard		Level	Credits
27457	Describe the anatomy and physiology of systems and associated organs of the human body	3	6
27461	Describe indicators of wellness, interventions, care, and support for people at different human lifespan stages	3	5
26971	Describe factors that contribute to mental health wellbeing and mental health problems	3	3
22260	Demonstrate knowledge of human behaviour and exercise adherence	3	4
7021	Exercise prescription – demonstrate exercise techniques	3	8
13380	Recommend physical activities appropriate to the growth and development of individuals of all ages	3	3
91466	Investigate a nutritional issue affecting the wellbeing of New Zealand Society	3	5