

# OSTC Sport Exercise and Health (Level 3)

OSTC courses are for students who are enrolled in secondary school. If you wish to apply, please see your school's career advisor, or contact Liz Gilmore, OSTC Liaison Officer – [Elizabeth.Gilmore@op.ac.nz](mailto:Elizabeth.Gilmore@op.ac.nz) | Ph: 03 479 6092



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



**Social &  
Community Services**

## Interested in a career in Sport, Exercise and Health?

Then this is the perfect taster course so you can figure out which area you're interested in.

## 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?

At Otago Polytechnic, you could study the:

- Bachelor of Applied Science
- New Zealand Certificate in Exercise (Level 4)
- New Zealand Certificate in Outdoor and Adventure Education (Level 4)

## Where could this take me?

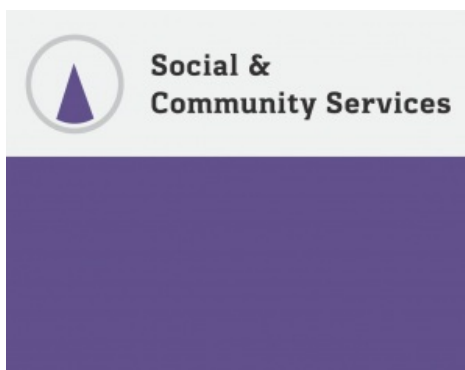
- Sport Performance Analyst
- Nutritionist
- Disability Support Worker
- Advocate
- Personal Trainer
- Physical Activity Advisor
- Sports Coach
- Aged-Care Worker
- Mental Health Worker
- Health Promoter
- Sports Coordinator
- PE teacher
- Counsellor
- Occupational Therapist
- Nurse
- Midwife

## 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.



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