

# Sport and Fitness Courses

These courses are designed to reward, acknowledge, and build on the valuable skills learners are already demonstrating in sporting contexts.



**\$295** + GST  
per ākonga

**2**  
days

## Course Requirements:

- Ākonga must be year 12 or 13
- Recommendation of up to 20 ākonga per course
- Ākonga are required to wear appropriate clothing for participating in sporting activities
- Ākonga must currently be involved in a sport.

## Sports Coaching

***Take a shot at becoming a confident coach with game winning communication, planning, and mentoring skills.***

*From Netball to Football, this course will cover coaching skills that can be applied to any sport.*

### Day One

Freeze those ice packs, as today ākonga will simulate responses to common sporting injuries and learn how to keep participants safe. Ākonga will also participate in kaiako led coaching sessions to understand key communication and participant development techniques.

### Day Two

There will be no benchwarmers today as ākonga plan and model their own coaching sessions, as well as participate in the coaching sessions of other ākonga.

US#	US Title	Level	Credits	Assessment Style
20673	Demonstrate knowledge of injuries, injury prevention and risks and hazards associated with sport or recreation	3	5	Written
22771	Plan beginner-level coaching sessions for sport participants	3	6	Written