

# Educational Achievement in Exercise Science

Level 3



WAIKATO  
TRADES  
ACADEMY



Wintec

# Educational Achievement in Exercise Science (Level 3)

A programme of study that is more than just sport, Sport and Exercise Science NCEA Level 3 is the application of scientific principles to how humans’ function in sport, health, fitness, wellbeing and performance.

You will learn about sport and exercise topics such as anatomy, physiology, wellness, mental health wellbeing, human behaviour, exercise, and nutrition.

The practical components of this programme will enable you to understand the science behind how the body works.

Service Industries – Exercise Science		
Location: Hamilton Rotokauri Campus		
Level 3	31 weeks	Credits
27457	Anatomy and physiology	6
30447	Anatomical structures and physiological responses to exercise	5
30448	Work professionally and safely as an exercise instructor	8
30932	Exercise programmes, principles, components and adherence	10
Total NZQA Credits		29

## How do I enrol?

If you are interested in studying at Waikato Trades Academy (WTA), please speak to your school’s career advisor. They will discuss your options and how studying one-day-a-week at WTA will work around your school subjects. Your advisor is responsible for contacting WTA on your behalf to secure a place.

*If you are interested, please ask your career’s advisor to email [wta@wintec.ac.nz](mailto:wta@wintec.ac.nz). Visit [wintec.ac.nz/wta](http://wintec.ac.nz/wta) to find out more.*