

# Exercise Science and Outdoor Education

Level 3



# Exercise Science and Outdoor Education (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.

## Location: Hamilton Rotokauri Campus

Level 3	31 Weeks	Credits
21414	Plan and run a recreation activity	4
30935	Develop and implement an exercise plan for personal physical fitness	5
30636	Demonstrate knowledge of the human body and its movement during exercise and stretching	7
20817	Demonstrate mountain biking skills on grade 3 terrain (practical)	2
28510	Demonstrate knowledge of and operate under a framework of kaitiakitanga in outdoor recreation (practical and theory)	5
20150	Demonstrate top rope rock climbing and belaying skills on Ewbank Grade 14 and above (practical)	2
427	Demonstrate crossing rivers (practical)	2
<b>Total NZQA Credits</b>		<b>27</b>

### 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.**