

# NAYLAND COLLEGE SPORTS EDUCATION

## IN PURSUIT OF EXCELLENCE

### IS THIS COURSE FOR YOU?

- ? Do you have the desire and ability to improve your sporting performance?
- ? Would you like access to advice on training and preparation with full scientific assessment and support from qualified staff and well-equipped testing facilities?

### COURSE INFORMATION

This is a restricted entry course aimed at boys and girls who have:

- *the motivation to reach their maximum potential*
- *the ability to set and strive for goals*
- *the interest and desire to improve performance*
- *a positive attitude to achieve in sport*

### PLEASE NOTE:

- You do not need to have achieved high honours in your sport at this stage to benefit from this course; it is more about being given the opportunity to reach your potential.
- This course is ideal for those students who are serious about their sport. It can be continued throughout their subsequent years at Nayland College and potentially offers them the option to specialise in a Sports Academy in the senior school.
- The opportunity currently exists for continued study at tertiary level through either the Sports Institute of Otago (based at Taieri High School) or the Waikato Polytechnic (Certificate in Sports Studies), amongst others.



### HOW DO YOU ENROL IN THIS COURSE?

1. Simply by completing the application form overleaf and returning it with your Application for Enrolment.
2. Indicate on your subject selection form that you intend applying for Sports Education as one of your option choices.

### COURSE CONTENT



#### Year 9

- Skill Development
- Sportspersonship
- The role of Captaincy/Leadership
- Rules/Officiating
- Teamwork
- Goal Setting
- Principles of Training
- Methods of Training
- Sports Injury, Prevention and Treatment

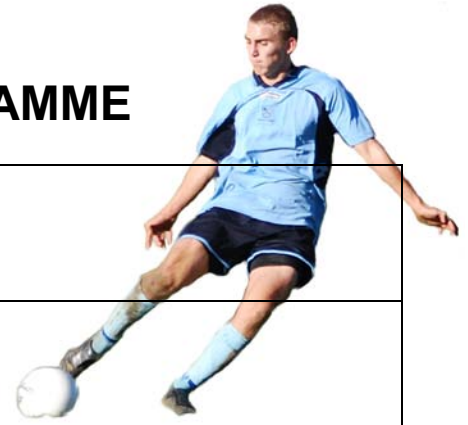
#### Year 10

- Skill Development
- Role of Captaincy/Leadership
- Rules/Officiating
- Sportspersonship
- Teamwork
- Motor Learning
- Exercise Physiology
- Sports Psychology

*'You can't put a limit on anything. The more you dream, the farther you get.'*

Michael Phelps, swimmer and six-time Olympic gold medallist

# APPLICATION FORM SPORTS EDUCATION PROGRAMME



Surname:	First names:
Present school:	

## SPORTS INFORMATION

Major sport:	Other sporting interests:
List your major aims or goals in your sport:	List your sporting achievement or awards over the past three years:
Intermediate school contact regarding your sporting potential (teacher, sports coach):  Name:  Phone no:	



'One of the things that my parents taught me is never listen to other people's expectations. You should live your own life and live up to your own expectations, and those are the only things I really care about.'

Eldrick (Tiger) Woods, professional golfer, winner of 87 tournaments and the first ever to hold all four professional major championships at the same time.