



Coombabah State High School
Creating Successful Pathways

The iGniTe logo is displayed in a dark blue box. Below it, a silhouette of two runners is shown against a light blue background with a circular motion graphic. The runners have red dots on their heads, shoulders, hips, and feet, indicating key points of interest or measurement. Below the silhouette, the text 'SPORTS & EXERCISE SCIENCE' is written in white capital letters on a dark blue background.

iGniTe

**SPORTS &
EXERCISE SCIENCE**



This course will create pathways to careers in Sport, Health Services and Sciences and Physical Education.

Students who have a passion for Sport, Physical Activity and Science should apply for this course.



Queensland
Government

Visit the website for full details: coombabashs.eq.edu.au

SPORT & EXERCISE SCIENCE OVERVIEW:

This excellence program has been designed for athletes wanting to pursue a career in sports science. In this course you will focus your knowledge and skills to improve your performance.

iGniTe SPORT & EXERCISE SCIENCE STUDENTS WILL HAVE ACCESS TO:

- Working with like-minded and skilled students
- Expert teachers, valued community and industry partners facilitating your learning
- Extra-curricular experiences that are challenging and connected to the real world
- Opportunities for work experience, work placement and pre-tertiary courses
- Teacher and peer mentors, peer networking
- Individual educational and career planning with regular reflection and feedback.

CURRICULUM

In addition to the mandatory curriculum you will:

- Participate in exercise laboratories to improve your knowledge of exercise physiology.
- Develop skills working with technical equipment such as heart rate monitors and GPS units. You will also develop analytical skills with the data from these devices.
- Use video analysis to enhance your knowledge of biomechanics and skill acquisition, and improving technique in chosen sports.
- Participate in camps.
- Apply theoretical principals learnt in class to exciting real life practical experiences such as rock climbing, surfing, archery, canoeing and many more.

PARTNERSHIPS

- Coombabah SHS works in partnership with the Gold Coast Performance Centre, using the facility as a secondary campus. Students use world class facilities at the venue as well as at school. Students also work with specialist staff exposing them to both the Sport and Recreation industry and activities such as fitness testing, boxercise, aerobics, spin classes, nutritional lectures and triathlon.
- Development staff from the Gold Coast Titans, AFL Queensland, QLD Hockey and other professional associations provide specialist skills lessons.
- Our partnership with Griffith University allows students to access up to date research and information in the fields of sport and exercise. Students also benefit from guest speakers in nutrition, exercise physiology and biomechanics.

OPPORTUNITIES FOR STUDENTS

- Rather than merely learning about a specific sport, the Sport and Exercise Science course offers you a genuine pathway to a career in the Sport, Exercise and Health industries.
- You will be encouraged to pursue the Physical Education course in Years 11 and 12.



SUCCESS STORIES

- Coombabah State High school Sport and Exercise Science graduates have or are currently studying Medicine, Biomedical Science and Exercise Science, Physiotherapy, Nursing and Personal Training in Tertiary Education to name a few.
- Graduates of the program are studying and playing tennis in the United States of America
- In recent years several Sport and Exercise Science students have represented Queensland and have been selected in National squads including Basketball, Soccer, Athletics, Tennis, Touch, Surf-life Saving, Swimming, Martial Arts, Roller Figure Skating.

FEES

The cost of the program is capped at \$320.

\$220 - Sport and Exercise Science Camp

\$100 per annum - Pay as you go costs (eg Training Shirt, workshops, excursions, extension programs such as Triathlon, Squash and Aerobics)

APPLICATION PROCESS & EARLY OFFER OPPORTUNITIES

- Complete the iGniTe Application form in the Enrolment Pack.
- Return your application as per the timelines advertised for the current year on the school website.
- Attend the Sport and Exercise Science Performance Trial as advertised on the school website. Selection is based on the level of commitment and skill demonstrated during the evaluation activities.

PROGRAM INFORMATION

Contact: enrolments@coombabashes.eq.edu.au
Ph: 5552 3888



Our **iGniTe** programs will
have you on a pathway to success