

# iGnite

Excellence Programs

# SPORT & Exercise Science

This course will create pathways to careers in sport, recreation, health sciences and physical education.

The curriculum is complemented by targeted workshops and lectures to assist young sportsmen and sportswomen to maximise performance and to appreciate the breadth of career options available to them.



Students who are talented in one or several sports should apply for this course.

Visit the website for full details: [coombabashs.eq.edu.au](http://coombabashs.eq.edu.au)



Coombabah  
State High School

## THE 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.

## iGniTe SPORTS:

In addition to the Sport and Exercise Science program, we offer specialist training in a range of sports.

- The iGniTe Sports Program offer talented athletes the opportunity to participate in additional training in their chosen sport
- Students are able to apply for AFL, Touch, Netball, Cheerleading and Athletics.

In recent years.

- Winners of interschool district finals in all high performance sports
- Winners South QLD and Border Districts Touch Completion in multiple age divisions
- Winners AFL Open Division 2 Brisbane Lions Cup (in our first year of entry)
- 2nd place National Cheerleading Competition
- 2nd Place All School Touch and Finalists Vicki Wilson Cup Netball

## PARTNERSHIPS:

- Coombabah SHS works in partnership with the Sports Super Centre Gold Coast, 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.
- Our partnership also allows us to train with and play against a range of interstate and international teams. Coombabah has previously met with the German National Triathlon Team, The PNG National Boxing Team, has played the Scottish Open Women's Touch Team and hosted training for a National American Football Development Squad on tour, just to name a few.
- 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.

## STANDARD INCLUSIONS:

- Excellence classes placing you with like-minded or skilled students
- Additional timetabled lessons
- 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

## 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
- In partnership with Griffith University, the Physical Education course offers you the opportunity to complete the university subject 1001HLS— Griffith Exercise and Sports Science. By completing this subject, you can gain direct entry to Griffith University. You can also gain course credit that can be used in up to fifteen different Health Science degrees at Griffith University.

## 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:

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

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**\$220** - Sport and Exercise Science Camp

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

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## APPLICATION PROCESS:

- 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.

# APPLY NOW

## THE RESULTS SPEAK FOR THEMSELVES

If you are interested in applying for a course that gets results, please complete the iGniTe application form included in your enrolment package.



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