



HEALTH AND EXERCISE SCIENCE  
**ACADEMY**



## HELPING YOU TO MAXIMISE YOUR



Academic  
Achievement



Sporting  
Performance



Career  
Pathways

### OUR UNIQUE ATHLETE DEVELOPMENT PROGRAM INCLUDES:

- ★ Psychology ★ Physiology ★ Nutrition ★ Sport Science ★ Feedback
- ★ Public speaking ★ Student athlete balance ★ Leadership



*Coomabah State High School*

Promoting a “high performance culture” for students



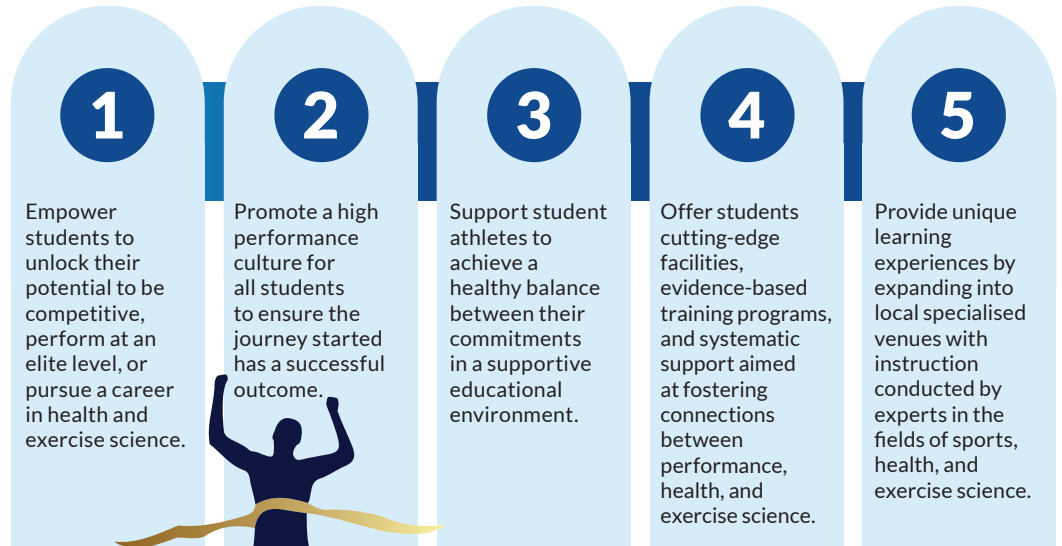
Coombabah State  
High School



# Our Vision

Our Health and Exercise Science Academy is dedicated to cultivating passionate sports enthusiasts, with a special emphasis on elite athlete development and careers in health and exercise science. We aim to produce graduates equipped with the skills and mindset, inspired by athletes, to make a positive impact on the world in professional sport, health, and exercise science careers.

## Aims of the Health and Exercise Science Academy



## Our facilities and venues

### Coombabah State High School Health Sciences Precinct

Our new Health Sciences Precinct is the home of the Academy at Coombabah State High School. Our purpose built precinct includes:

- Kinesiology lab equipped for sports testing, rehabilitation, injury prevention and sports lectures
- Health Care Classroom with Hospital Ward
- Outdoor gym for foundation strength and conditioning
- Indoor gym for intermediate and advanced strength and conditioning
- Classrooms with the latest technology to complement our programs
- Showers and change rooms

### Runaway Bay Sports Precinct

With the Runaway Bay sports precinct on our doorstep, we have access to:

- The Gold Coast Performance Centre – designed specifically as a key training facility for the 2018 Commonwealth Games including athletics track, hockey field, 50 m swimming pool and ice baths
- Netball Courts and Basketball Stadium
- Soccer, Rugby League and Cricket Fields
- Fully contained cycle circuit
- Recovery pools

### Gold Coast Sports Venues

Extending further, our students will participate in:

- Hiking along the Gold Coast Hinterland Kokoda Challenge trails
- Table tennis at the Molendinar Commonwealth Games Venue
- Surfing at our famous Gold Coast beaches
- Golf at one of more of our many Gold Coast venues
- Rock-climbing at competition standard venues







## Benefits and Opportunities

- Engaging and challenging curriculum integrating the latest technology in health and exercise science.
- Targeted approach to teaching Health and Physical Education focussed on sport, health and exercise science pathways.
- Access to first class facilities and strength and conditioning coaching.
- Interact with elite sports organisations to gain insight into the journey to success for elite athletes and the people who support them.
- Health and exercise science professionals such as sports psychologists, exercise physiologists, physiotherapists, and nutritionists support optimum performance and provide insight into a vast range of sport, health and exercise science careers.
- Opportunities for work experience and career advice within the sport, health, and exercise science fields.
- Prepare for a range of post-compulsory studies leading to employment and tertiary options.
- Training opportunities that result in a competitive edge in sporting competition.

## Core Elements

- A complete high school academic program that encourages success and acceleration.
- A unique Athlete Development Program supporting off-field growth and development.
- Professional health and exercise science support services.
- Unique experiences in our local and wider community will expose students to new fields, career options and insights into the world of professional sport, health, and exercise science.

## Athlete Development Program

This element of the course empowers students to reach their full potential as an athlete. It also provides students the opportunity to develop a holistic understanding of the exercise science fundamentals that underpin elite athletic performance. Students will:

- Learn the importance of teamwork, communication, leadership, and resilience; and practice these in their school activities.
- Develop an understanding of the need for strong routines associated with nutrition, prehabilitation, rehabilitation, training and recovery.
- Develop essential sport-related attributes including strength, agility, flexibility, coordination, and aerobic speed.
- Attain proficiency in operating within a high performance sporting environment and become physically equipped to meet the expectations of senior-level sports participation.



Aerial image Gold Coast Performance Centre, Runaway Bay





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Our program focuses on the individual athlete. The Academy does not aim to develop teams to play in local competitions. Technical training is done through the athlete's club or personal training.

We strive to improve each athlete's ability to perform at the highest level by developing their off-field capabilities through our unique Athlete Development Program (ADP).

Athletes in the following sports would benefit through the Academy:

- AFL
- Athletics
- Baseball
- Basketball
- Beach Volleyball
- Cheerleading
- Cricket
- Football (Soccer)
- Golf
- Gymnastics
- Hockey
- Netball
- Rowing
- Rugby League
- Rugby Union
- Softball
- Surf Life Saving
- Swimming
- Table Tennis
- Tennis
- Touch Football
- Triathlon
- Water Polo



Students entering the Health and Exercise Science Academy are required to exhibit a strong commitment to improvement in both academic and sporting performance, with a goal to pursue a career in sport, health, or exercise science professions.

## Our Curriculum

- Our students engage in all aspects of the Australian Curriculum in Years 7 to 10
- We cater for students seeking either an Academic or Vocational program in the Senior Years

## Our Partners

- Our relationship with Griffith University provides students the opportunity to connect with university students and experience university style learning
- The Runaway Bay Sport and Leadership Excellence Centre provide unique opportunities for our students to develop both leadership and resilience capabilities
- Our partnership with Atkins Health provides students with the opportunity to access injury screening; students also experience firsthand the work of exercise physiologists and physiotherapists

## Bring your own device (BYOD)

- Students will use their own devices in a variety of learning situations in a technology rich environment

## Applications

Application forms can be obtained from Coombabah State High School at the website:

<https://coombabashs.eq.edu.au>



## Correspondence

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