

# Melville High School

Hei Awhina Hei Mahi



To Serve and To Work

## Institute of Sport Information



# 2017

# **MELVILLE HIGH SCHOOL**

## **INSTITUTE OF SPORT INFORMATION**

### **BACKGROUND**

The establishment of the Melville High School Institute of Sport (the Institute) into two separate sports programmes for junior and senior classes is the realisation of a key strategic goal. It is also an attempt to strengthen the pursuit of excellence for chosen students. In selecting the name, we have clearly identified that we are providing a unique specialist programme additional and complementary to the existing range of curriculum subjects, including Health and Physical Education. The programme will attempt to utilise many students' passion and enthusiasm for sport and harness this energy to support their academic studies. Institute of Sport students will have demonstrated a commitment to their schooling, self-discipline, application and significant success in a particular sport.

While the Institute of Sport will integrate an elite sports programme into the mainstream curriculum options and choices of students, it will also require a greater commitment by students. This will include before and after-school sport and fitness schedules during the term, as well as additional activities.

### **PHILOSOPHY**

The Institute of Sport programme has been designed to develop our elite student athletes to reach their greatest sporting potential, whilst helping them to understand the importance of maintaining an academic balance.

In accepting the challenge to **Hei Awhina Hei Mahi** 'Serve and Work' to their maximum potential, sport participants will be taught how to manage themselves to become elite athletes. Both the practical and theoretical classes will give them the edge over other athletes by developing their sporting skills and teaching them how to develop a fitness programme to improve fitness and prevent injury, how to manage nutrition specifically for an athlete and how to become leaders within a sporting environment.

### **PROGRAMMES**

The Institute of Sport programme was started in 2009 and will be offered to Years 9-12 in 2017. It will include a mix of specialist coaching and performance training, and specific sporting and fitness related courses.

Senior Institute students will be eligible for the Waikato Institute of Leisure and Sports "Young Achievers" programme. This is a specialist evening series of seminars which introduce representative players to key people in sportspeople's lives and successful athletes. Such presenters include well-known physiotherapists, coaches, sport psychologists, managers and gold medal winners who share their experience and expertise.

The Institute of Sport has specialist staff and is designed to nurture the development of students with aspirations for regional and national representation in elite sport. Students are invited to be part of this programme through an application, interview and appraisal process. Students are also required to sign an agreement which acknowledges their extra commitments and the high behaviour expectations. The Institute of Sport is a specific, quality, elite sports programme which is part of the Physical Education Department.

## ENTRY CRITERIA

- 1 Students should have the ability, attitude and potential to compete at representative level or above in their chosen sport.
- 2 Students must be able to make a strong commitment to attend both practical and theoretical classes within the Institute of Sport programme.
- 3 Students must adhere to the school rules.
- 4 Students must follow SPARC's guidelines on Fair Play in their sporting endeavours.
- 5 Students **must** represent Melville High School in a **winter** and/or **summer** code.

## MAIN AREAS OF STUDY

The course is a balance of both practical and theoretical sessions which include:

- Physical Conditioning (including strength, speed, power, flexibility and aerobic training)
- Goal Setting
- Injury Prevention
- Sports Psychology
- Sports Nutrition
- Outdoor Education (working on leadership, teamwork and strategies through activities in outdoor settings)
- Sports Biomechanics (analysing movement and developing good technique for improved performance)
- Functional Anatomy

## HOW TO APPLY

- Year 9 students wishing to apply for the Institute of Sport programme must complete an application form and attend an interview. **APPLICATIONS CLOSE FRIDAY 4<sup>th</sup> NOVEMBER 2016.**
- Copies of the Institute of Sport programme will be available during enrolment or from our website: [www.melville-high.school.nz](http://www.melville-high.school.nz) - Enrolment/Curriculum Information.
- Students will only be accepted into the Institute of Sport programme after they have signed the Melville High School Institute of Sport Agreement and have been enrolled into Melville High School.
- Acceptance into the Institute of Sport programme for all other years will be examined on an individual basis.



