



PHYSICAL ACTIVITY AND SPORTS STUDIES (PASS) - Sports Excellence

Contribution: 100 Hour course Year 9/10 class

\$100 course fee (one year)

This course is available to students as part of the Sports Excellence application process

- Sport specific training
- Nutrition
- Gym program for your specific sport
- How to balance all lifestyle commitments
- Goal setting
- Coaching certificate
- Primary school visits