

ADP

NSHS | ATHLETE | DEVELOPMENT | PROGRAM

All students undertake a Physical Education (PE) program in years 7 to 10. The exciting new Athlete Development Program is an alternative to the standard PE subject, and is for those who enjoy expanding their capabilities in relation to sporting endeavours. This signature program is by application and will continue across Years 7, 8 and 9.

Athlete Development

At Nerang State High School, leadership, resilience and persistence are key to our core values. The Athlete Development Program provides a wide-ranging sports curriculum to develop these attributes. A broad set of sporting skills are developed along with the capability for students to transition these lifelong learnings into their sporting careers. The need for qualities of leadership and resilience are synonymous with driven, passionate athletes.

The Program

Our Year 7 Athlete Development Program will focus on:

- Skills to operate in a higher performance sporting environment
- Nutrition and Sports Psychology
- Teamwork, communication and leadership skills
- Volleyball and AFL
- Athletics and Swimming
- The fundamental movement patterns for strength and conditioning
- Development of the key sport components of strength, agility and aerobic speed
- Injury prevention and rehabilitation programs

Students involved in this program will undertake the core elements of health and sport with a key focus on developing the whole athlete.