



**The Nayland College Institute of Sport aims to build all-round successful people, not just successful athletes.**

**BEING A PART OF THE INSTITUTE OF SPORT GIVES YOU ACCESS TO:**



## **YEAR 9 PROGRAMME**

- Goal setting
- Team Building
- Specific Sport Development
- Event Preparation
- Fitness Components
- Principles of Training
- Time Management
- Sports Nutrition
- Basic Functional Anatomy