My name’s Cooper, I’m in Year 12 studying VCE VET Sport and Recreation.

Well I’ve always been interested in ah the human body and like different training methods so I would like to pursue like a career in personal training and nutrition. Like I’ve always been passionate ah with like food and what macronutrient and micronutrient does to the body but training and nutrition go hand in hand so, ah, I feel like Sport and Rec will help me achieve those goals.

In Sport and Rec I’m hoping to get my Certificate III in Sport and Recreation, which will assist me in further studies, and then Sport and Rec offers First Aid Level 2 and then your AFL coaching course, coaching and officiating, like, all these certificates that you know obviously assist with gaining a job, and another benefit of doing VET subjects such as Sport and Rec is that you can also attain a study score, so, an ATAR.

Um, so the difference between my um regular VCE subjects and my Sport and Rec VET subject is like, with VET it’s all revolved around applying your skills to like a practical environment. So everything I learn, you soon realise when you’re in a practical environment, it’s like, ‘Oh I just learnt that. I can apply this knowledge.’ Like today I’m going out and coaching kids at the school over the road, Overport, from stuff I’ve learnt in class.

We do learn like a lot of theory but it’s all appliable to like what we actually want to achieve out of this, out of like the unit we’re learning, so it’s all like extremely relevant and then it’s easy to understand because like you can set yourself up in a practical environment.

So last term we were, ah, learning in class how to train safely in the gym and then we partnered up one on one after we wrote like a training plan and then we went up to the gym and, ah, basically personal trained each other like a one-on-one session.

With doing structured workplace learning I chose to go to a gym, which also like works with Sport and Rec as well, so like I’m learning stuff in Sport and Rec that can be applied in a gym.

My regular day in structured workplace learning, we arrive at about 6.30am and I just like check all the equipment and just make sure everything’s fine. Make sure that all the equipment is like safe for the morning rush. Other than that I like to shadow my supervisor, just when she’s PT-ing people and then if she has people that require specific training programs, I’ll assist in writing those. Um, there was a lady who came in who had suffered from breast cancer and ah she needed to maintain some movement in her pectoral area without applying too much strain to the actual muscle so I like designed a training program that created like mobility work for the area like with the skills I learnt in Sport and Rec, I applied that to her specific training program.

So in my workplace I’ve learnt like a lot of people skills, how to talk to someone in like a gym environment, I guess, how to motivate people, which is what I want to do. The thing that surprised me the most is just like dealing with variety of people, like all personalities and stuff you know, you sort of got to understand how you would connect the best with each person so it’s obviously, like, I’m getting a lot of communication skills, and you know being able to understand different people. I guess that’s what’s surprised me the most, just how different everyone is.

So I’d definitely recommend Sport and Rec as a subject because it offers so much that you can apply to real-life situations. Ah, not only do you gain like the achievements and qualifications that you need to, you know, pursue a career in like fitness but you also get to undertake a bunch of fun activities. It’s just a good time. Good subject.

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