

**New Zealand Diploma in Sport, Recreation and Exercise (Level 6)**

|   |  |              |   |                 |                  |                |              |
|---|--|--------------|---|-----------------|------------------|----------------|--------------|
| <b>MOE Code</b>   | NZ3628   | <b>Level</b> | 6 | <b>Duration</b> | 1 academic year  | <b>Version</b> | 1            |
| <b>Site(s)</b>  | Whangārei  |              |   |                 |                  |                |              |
| <b>Delivery</b>   | Full-time, Intramural. Part-time option available  |              |   |                 |                  | <b>Intakes</b> | Semester 1   |
| <b>Strategic purpose</b>  | This qualification will provide the Sport, Recreation and Exercise industries with individuals that have the in-depth knowledge and skills required to operate in leadership roles across the sport, recreation and exercise industries. Graduates will be able to operate within a framework of health and wellness in relation to individual, group and community needs. Graduates will contribute to the cultural, social and economic wellbeing of Aotearoa New Zealand.   |              |   |                 |                  |                |              |
| <b>Graduate profile</b>   | <p>Graduates of this qualification will be able to:</p> <ul style="list-style-type: none"> <li>• Provide leadership within the sport, recreation and/or exercise industries, based on the critical analysis and application of research, concepts and trends from across the industries.</li> <li>• Role model, and mentor others in safe, ethical and professional practices and procedures within the sport, recreation and/or exercise industries.</li> <li>• Provide strategic oversight and management to ensure safe and effective delivery of tasks and activities to achieve sport, recreation and exercise outcomes.</li> <li>• Design, plan, deliver and evaluate a range of activities, programmes and/or events to meet the needs of a range of users in sport, recreation and/or exercise settings.</li> <li>• Analyse concepts and theories of exercise science to develop and evaluate health and wellness solutions to meet the needs of individuals, groups and/or communities.</li> <li>• Manage, monitor and critically evaluate coaching practice in sport, recreation and/or exercise settings to recommend improvements to coaching strategies and practices.</li> </ul>   |              |   |                 |                  |                |              |
| <b>Education pathway</b>  | This qualification builds on the New Zealand Certificate in Sport, Recreation and Exercise (Multi-sector) (Level 5) [Ref: 3627]. This qualification may provide a pathway to higher-level study in sport, recreation and exercise or management.   |              |   |                 |                  |                |              |
| <b>Employment pathway</b>   | <p>Graduates may be able to work in leadership roles such as: community sport manager; community health manager; event manager; facility manager; hauora or health exercise educator; outdoor educator; outdoor recreation manager; parks manager; recreation planner; recreation manager; sport director; sport Kairangahau; sport Kaiako; Whānau Ora manager.</p> <p>Graduates may also be able to work with workplaces such as: community health providers; community sport providers; outdoor education centres; exercise facilities; iwi organisations; local councils; cultural centres; outdoor pursuits centres; primary health organisations; regional sports trusts; recreation, sport and leisure centres.</p>  |              |   |                 |                  |                |              |
| <b>Award(s)</b>   | New Zealand Diploma in Sport, Recreation and Exercise (Multi-Sector) (Level 6)   |              |   |                 |                  |                |              |
| <b>Completion requirements</b>  | 120 credits, as listed in Programme Structure.<br><i>This programme has been accredited by NZQA. As it does not contain unit standards from the NZQF, credits are not reported to NZQA.</i>  |              |   |                 |                  |                |              |
| <b>Entry requirements</b>   | <p>All applicants must:</p> <ul style="list-style-type: none"> <li>• have successfully completed New Zealand Diploma in Sport, Recreation and Exercise (Multi-Sector) (Level 5) or</li> <li>• demonstrate equivalent skills and knowledge</li> </ul> <p><b>English Language requirements</b><br/>All applicants must have a level of English sufficient to be able to study at this level. Those students whose first language is not English should have an International English Language Testing System (IELTS) overall academic score of at least 6.0 (with at least 5.5 in each band), or a qualification considered equivalent to the above.</p> <p><b>Police check</b><br/>All applicants are required to authorise a Police Check for criminal convictions and disclose any pending charges*.<br/>*Note: The <i>Children's Act 2014</i> will prohibit students with "specified offences" from working with children in some roles and this may hinder their ability to complete the qualification/s. Students should check whether their convictions apply. A full list of the specified offences can be found here:<br/><a href="http://www.legislation.govt.nz/act/public/2014/0040/latest/DLM5501909.html">http://www.legislation.govt.nz/act/public/2014/0040/latest/DLM5501909.html</a></p> |              |   |                 |                  |                |              |
| <b>Selection</b>  | <p>All applicants will be interviewed and where applicants exceed available places selection will be based on evidence of interest, motivation and academic achievement.</p> <p>Qualities considered important for success on the programme are:</p> <ul style="list-style-type: none"> <li>• A commitment to study</li> <li>• Average level of fitness</li> <li>• Key beliefs in the benefits of exercise</li> <li>• An ability to communicate</li> <li>• Willingness to work in a group</li> </ul>   |              |   |                 |                  |                |              |
| <b>Credit recognition</b>   | Credit from Recognition of Prior Learning, Credit Transfer and Unit Standard Transfer (if applicable) will be in accordance with the policy <i>Credit Recognition (05.004)</i> .   |              |   |                 |                  |                |              |
| <b>Time limit for completion</b>  | 4 years from initial enrolment   |              |   |                 |                  |                |              |
| <b>Programme structure</b>  |  |              |   |                 |                  |                |              |
| <b>Code</b>   | <b>Title</b>   |              |   |                 |                  | <b>Credits</b> | <b>Level</b> |
| <b>Compulsory courses</b>   |  |              |   |                 |                  |                |              |
| 6644.6001   | Applied Anatomy  |              |   |                 |                  | 15             | 6            |
| 6644.6002   | Sport and Exercise Physiology  |              |   |                 |                  | 15             | 6            |
| 6644.6003   | Exercise Assessment and Prescription   |              |   |                 |                  | 15             | 6            |
| 6644.6004   | Group and Individual Behaviour   |              |   |                 |                  | 15             | 6            |
| 6644.6005   | Law and Ethics in Sport Exercise and Recreation  |              |   |                 |                  | 15             | 6            |
| 6644.6006   | Sport and Exercise Nutrition   |              |   |                 |                  | 15             | 6            |
| 6644.6007   | Evidence Based Practice  |              |   |                 |                  | 15             | 6            |
| 6644.6008   | Skill Acquisition and Sport Psychology   |              |   |                 |                  | 15             | 6            |
| <b>Course prescriptors</b>  |  |              |   |                 |                  |                |              |
| <b>Title</b>  |  |              |   |                 | <b>Code</b>      | <b>Credits</b> | <b>Level</b> |
| <b>Applied Anatomy</b>  |  |              |   |                 | <b>6644.6001</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students will gain an understanding of musculoskeletal structures. Kinesiology will be integrated for the applied study of human movement.   |  |              |   |                 |                  |                |              |
| <b>Sport and Exercise Physiology</b>  |  |              |   |                 | <b>6644.6002</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students will extend existing anatomical and physiological knowledge with focus on response and adaptation to exercise. They will gain foundation knowledge in applied sport and exercise. |  |              |   |                 |                  |                |              |

| <b>Title</b>  | <b>Code</b>      | <b>Credits</b> | <b>Level</b> |
|---|------------------|----------------|--------------|
| <b>Exercise Assessment and Prescription</b>   | <b>6644.6003</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students will develop applied skills in assessment, prescription and evaluation of safe, ethical and effective exercise programmes for muscular and cardiovascular conditioning, flexibility and body composition for a range of users.  |                  |                |              |
| <b>Group and Individual Behaviour</b>   | <b>6644.6004</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students will explore group and individual behaviour in contexts relevant to sport, recreation and exercise. They will apply modern behaviour models for the purpose of understanding, planning for, and facilitating change.  |                  |                |              |
| <b>Law and Ethics in Sport, Exercise and Recreation</b>   | <b>6644.6005</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students critically examine key legal and ethical principles and their application to the provision of strategic oversight, management and leadership in the sport, exercise and recreation industry.  |                  |                |              |
| <b>Sport and Exercise Nutrition</b>   | <b>6644.6006</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students will critique and apply key nutritional concepts in relation to health and sports performance.  |                  |                |              |
| <b>Evidence Based Practice</b>  | <b>6644.6007</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students will develop an understanding of how to access and interpret evidence as applied to the sport and recreation industry. They will apply this in work-integrated learning focusing on leadership within the sport exercise and recreation industry.   |                  |                |              |
| <b>Skill Acquisition and Sport Psychology</b>   | <b>6644.6008</b> | <b>15</b>      | <b>6</b>     |
| Aim: Students will develop teaching expertise around the facilitation of sport and exercise related skills through the application of contemporary skill acquisition theory as applied to coaching. Studies will focus on the synthesis of physical skill learning and key sport psychology skills. Coaching practice will be managed, monitored and critically evaluated in a practical setting. |                  |                |              |