

### New Zealand Diploma in Sport, Recreation and Exercise (Level 5)

<b>MOE Code</b>	NZ3627	<b>Level</b>	5	<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 individuals with the knowledge and skills needed to operate independently; supervise others; and work with stakeholders 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>• Integrate knowledge, concepts and trends from across the sport, recreation and exercise industries to inform professional practice.</li> <li>• Plan, monitor and role model safe, ethical and professional practices and procedures for self, others and organisation while operating within sport, recreation and/or exercise environments.</li> <li>• Lead and manage a range of tasks and activities within own scope of practice to achieve sport, recreation and exercise outcomes for individuals, groups and/or communities.</li> <li>• Supervise others to ensure safe ethical and professional practice and procedures in sport, recreation and/or exercise settings.</li> <li>• Apply concepts and theories of exercise science to develop health and wellness solutions to meet the needs of individuals, groups and/or communities.</li> <li>• Develop, coordinate and evaluate the delivery of a range of sport, recreation and/or exercise activities, programmes and/or events to meet the needs of individuals, groups and/or communities.</li> </ul>						
<b>Education pathway</b>	This qualification builds on the New Zealand Certificate in Sport, Recreation and Exercise (Multi-sector) (Level 4) [Ref: 3626]. This qualification may also build on the New Zealand Certificate in Sport Coaching (Level 4) [Ref: 3229], the New Zealand Certificate in Facility Operations (Level 4) [Ref: 3647], or the New Zealand Certificate in Sport and Recreation (Programme Delivery) (Level 4) [Ref: 3573]. This qualification may provide a pathway to the New Zealand Diploma in Sport, Recreation and Exercise (Multi-Sector) (Level 6) [Ref: 3628].						
<b>Employment pathway</b>	This qualification could lead to employment (paid or volunteer) in a variety of roles such as: event supervisor; exercise consultant; hauora or health educator; Kaiarahi; OSCAR leader; recreation supervisor; recreation programme coordinator; sport development officer; sport coordinator; Whānau Ora leader.						
<b>Award(s)</b>	New Zealand Diploma Sport, Recreation and Exercise (Multi-sector) (Level 5)						
<b>Completion requirements</b>	<p>120 credits, as listed in Programme Structure.</p> <p><i>This programme has been accredited by NZQA. This programme is partially assessed against NZQF standards and credits gained for the standards will be reported to NZQA.</i></p>						
<b>Entry requirements</b>	<p>Applicants must meet one of the following criteria:</p> <p><b>Applicants under 20 years of age</b> 48 credits NCEA Level 3 across 4 subjects or equivalent</p> <p><b>Applicants aged 20 years or above</b> No academic qualifications are required. Evidence to support an applicant's ability to undertake the Programme with a reasonable likelihood of success may be requested.</p> <p><b>English language requirements</b> 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, must have an IELTS <u>Academic</u> score of 6 with no band score lower than 5.5; or an accepted international equivalence issued within the last two years, or a qualification considered to be equivalent to the above.</p> <p><b>Special Entry</b> In exceptional circumstances, an applicant who does not meet the entry requirements may be granted entry to the Programme where they supply evidence to satisfy the programme's Academic Leader or delegate of their ability to succeed on the Programme.</p> <p><b>Police check</b> All applicants are required to authorise a Police Check for criminal convictions and disclose any pending charges*. *Note: The Vulnerable Children Act 2014 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: <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> (search for "specified offences")</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>							
5583.5001	Introduction to Sport and Exercise Science					15	5
5583.5002	Skill Learning and Technique Development					15	5
5583.5003	Exercise, Sport and Recreation Planning					15	5
5583.5004	Academic and Professional Skills					15	5
5583.5005	Sport Exercise and Recreation in Aotearoa New Zealand					15	5
5583.5006	Human Anatomy and Physiology					15	5
5583.5007	Leadership in Exercise Sport and Recreation					15	5
5583.5008	Exercise, Sport and Recreation Issues in Society					15	5

<b>Course prescriptors</b>			
<b>Title</b>	<b>Code</b>	<b>Credits</b>	<b>Level</b>
<b>Introduction to Sport and Exercise Science</b>	<b>5583.5001</b>	<b>15</b>	<b>5</b>
Aim: Students will learn the terminology and fundamental principles of anatomy, physiology and nutrition as they relate to sport, exercise and fitness.			
<b>Skill Learning and Technique Development</b>	<b>5583.5002</b>	<b>15</b>	<b>5</b>
Aim: Students will develop knowledge and competencies required for effective skill and technique learning and teaching across a range of exercise sport and recreational activities. They will apply testing protocols to assess in a practical setting.			
<b>Exercise, Sport and Recreation Planning</b>	<b>5583.5003</b>	<b>15</b>	<b>5</b>
Aim: Students will develop skills for planning sustainable and innovative programmes within exercise sport and recreational experiences.			
<b>Academic and Professional Skills</b>	<b>5583.5004</b>	<b>15</b>	<b>5</b>
Aim: Students will discuss and implement the principles of communication, academic computing skills, knowledge construction, academic and scientific literacy and writing.			
<b>Sport Exercise and Recreation in Aotearoa NZ</b>	<b>5583.5005</b>	<b>15</b>	<b>5</b>
Aim: Students will review the sport and recreation industry in Aotearoa New Zealand. They will examine the roles and relationships of key sport and recreation organisations and sectors.			
<b>Human Anatomy and Physiology</b>	<b>5583.5006</b>	<b>15</b>	<b>5</b>
Aim: Students identify and understand human anatomy and physiology and the application to human movement, nutrition, energy systems and injury management.			
<i>Student will be assessed against unit standards: 6400; 6401; and 6402</i>			
<b>Leadership in Exercise, Sport and Recreation</b>	<b>5583.5007</b>	<b>15</b>	<b>5</b>
Aim: Students will examine the key leadership concepts needed to effect change in the context of sport, exercise and the outdoors.			
<b>Exercise, Sport and Recreation Issues in Society</b>	<b>5583.5008</b>	<b>15</b>	<b>5</b>
Aim: Students will examine the nature and place of sport, exercise and recreation in Aotearoa New Zealand society from a sociological perspective.			