



QUICK FACTS

Programme Name	Certificate in Improving Sport Performance
Programme Level	Level 2
Programme Length	Three modules, part-time
Qualification Awarded	Aoraki Polytechnic Certificate in Improving Sport Performance
Programme Fee for 2010	\$207.00
Additional Costs	None
Programme Location	Christchurch and Ashburton campuses
Programme Start Date	There are various start dates for this programme. Please contact the Christchurch or Ashburton campus for this information.
Aim of the Programme	The aim of this practical programme is to assist amateur sports participants and volunteer coaches learn ways to improve their own sporting performance and/or the performance of those they coach.
Aim of the Programme	The aim of this programme is to assist amateur sports participants and volunteer coaches in learning ways to improve their own sporting performance and/or the performance of those they coach.



CONTACT DETAILS

Programme Contact
Programme Co-ordinator
0800 30 30 26 or (03) 377 5895
studychch@auraki.ac.nz

Aoraki Polytechnic
Private Bag 902
TIMARU
Phone: 0800 4 Aoraki
(0800 426 7254)

Aoraki Polytechnic Disclaimer

Aoraki Polytechnic reserves the right to alter training start dates or amend training course content as required. Commencement of all training is subject to sufficient enrolments and gaining internal and external approvals. Fees may also be subject to some alteration prior to commencement of the training. Students are required to successfully complete the specified requirements of the programme before a qualification can be awarded.

What will the programme cover?

The Certificate in Improving Sport Performance is a part-time introduction to ways of improving the sporting performance of athletes competing individually or in teams. Subjects included in the programme are nutrition for sports people; basic anatomy and physiology; techniques for improving fitness and coaching techniques.

Students are expected to sustain a full-time and responsible commitment to this programme, with the understanding that productive group work and success in the programme depends on 100% participation. In addition to timetabled classes, there is an expectation students will complete self-directed learning. Appropriate preparation, developmental training and practice in the student's own time.

Entry criteria

There are no academic requirements for entry to this programme.

Applicants with English as their second language must have an IELTS score of 5.5 or equivalent.

Employment Options of Further Study Options

Further higher-level study on the Diploma in Sport and Fitness delivered by Aoraki Polytechnic at our QEII campus.

Recognition of the Programme

This programme is accredited by the New Zealand Qualifications Authority.

How to Apply

Students wishing to apply for the programme please complete the Enrolment/Application form and return it to Aoraki Polytechnic.

Recognition of Prior Learning

Aoraki Polytechnic has Recognition of Prior Learning (RPL) processes to assess relevant, current skills and knowledge gained from previous study and learning. Please contact Aoraki Polytechnic if you think you might have previous learning that could be credited towards an Aoraki Polytechnic qualification.

Verification of Citizenship or Permanent Residency

For information about the type of documentation required for verification of Citizenship or Permanent Residency, please refer to the Aoraki Polytechnic Guide to Enrolment.

StudyLink

For Student Loan and/or Allowance information please contact StudyLink on 0800 88 99 00 or visit the website www.studylink.govt.nz

Aoraki Polytechnic Disclaimer

Aoraki Polytechnic reserves the right to alter training start dates or amend training course content as required. Commencement of all training is subject to sufficient enrolments and gaining internal and external approvals. Fees may also be subject to some alteration prior to commencement of the training. Students are required to successfully complete the specified requirements of the programme before a qualification can be awarded.