

Sport and Fitness



GO PLACES

www.aoraki.ac.nz



RACE AHEAD WITH SPORT and FITNESS

Why Choose a Career in Sport and Fitness?

Aoraki Polytechnic offers qualifications to get you started in the sport and fitness industries or pathway onto higher education with a Diploma in Sport and Fitness.

Our industry professionals teach you theory and practical skills, demonstrating how theory is applied in practice and giving you hands-on expertise, adding value to your chosen career or industry from day one. Aoraki Polytechnic's tutors are involved and respected in the industry, giving you the chance to make industry contacts and ensuring your study leads to employment opportunities.

Why Study Sport and Fitness at Aoraki Polytechnic?

Globally Relevant Qualifications – we ensure our programmes are relevant to the real needs of industry and our specialty programmes are in demand from students around the world.

Real World Practical Experience – our programmes include real work experience opportunities, through visits from industry speakers, athletes and coaches who join the class for practical and interactive sessions and coaching at local schools.

Purpose-Built Facilities and Equipment – use leading-edge facilities and equipment to ensure your experience is what future employers are looking for. For example, the Diploma in Sport and Fitness is based at Christchurch Park, and students use facilities at Jellie Park and Cowles Stadium. Timaru's students have access to a purpose built on campus fitness suite. It is a student space run by you.

Industry Connected Tutors – our tutors are industry professionals bringing years of experience and connections with industry to the classroom, gym and sports fields so you get skills and knowledge required for your career success.

Support for Your Learning - our qualified and experienced tutors and small class sizes mean that there are plenty of opportunities for individual attention and support for your learning, so you'll get the most out of your study and training.



PATHWAY WITH AORAKI

If your enthusiasm lies with a career in sport or fitness, we have a programme that can lead you into careers such as sports co-ordinators, health and fitness instructors, or coaching. Aoraki's Sport and Fitness Diploma is also the ideal stepping stone into degree level programmes in exercise science, physical education, sport and recreation.

Jump in and get the theory, knowledge, practical skills and the right attitude to gain a career as a gym instructor, fitness leader, sports facilitator, or coach. You will have access to coaching from national level coaches, speakers from industry, and engage with schools and sport and fitness providers.

Newly established in Timaru, the Diploma in Sport and Fitness class boasts a purpose built gym, which is run by Sport and Fitness students. You also get the chance to organise and participate in weekly lunchtime game sessions and learn hands on and practical environment.

Our Christchurch campus is newly located at Christchurch Park, a quality sporting and recreation facility. Compete in an annual tournament against SIT in Christchurch – of which we are the current trophy holders!

So whether your interest is fitness, rugby, basketball, ice hockey, swimming, cycling, golf, badminton, gymnastics, softball or whatever, choose Aoraki to develop your personal performance and gain vocational opportunities.

Education Pathway

Graduates may wish to apply for entry to higher level programmes in exercise science, sport coaching, and physical education or sport management. Graduates can receive credit for their study in a range of allied courses at the Waikato Institute of Technology, Otago University, Southern Institute of Technology, Auckland University of Technology, Christchurch College of Education, Lincoln University and Massey University.

AORAKI POLYTECHNIC

CERTIFICATE Level 4

Certificate in
Sport and Fitness (Level 4)

DIPLOMA Level 5

Diploma in
Sport and Fitness (Level 5)

Careers
and
further
study

Careers

Certificate in Sport and Fitness (Level 4)

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Diploma in Sport and Fitness (Level 5)

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- School sports coordinator
- Health and fitness instructor
- Community sport and recreation officer
- Coach/Trainer
- Sports administrator
- Sport development officer
- Professional athlete



SPORT

Certificate in Sport and Fitness (Level 4)

Starts: February
Level: 4
Duration: 1 year full-time
Campus: Timaru and Christchurch

Advance your knowledge, experience and skills in sport and exercise science with the Certificate in Sport and Fitness (Level 4). This certificate is the equivalent of the first year of the Diploma in Sport and Fitness (Level 5).

What will this programme cover?

- Functional anatomy
- Exercise science
- Coaching
- Biomechanics
- Sport and Fitness training
- Sport Injuries and First aid
- Psychology and Nutrition
- Sport marketing, media and communication



STUDENT PROFILE

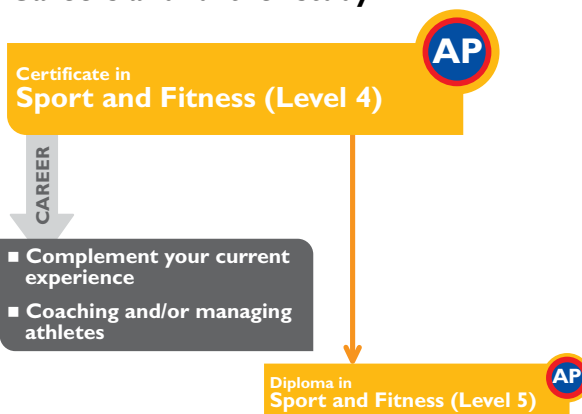
Bree Cumming Diploma in Sport and Fitness

Bree was lucky enough to win a scholarship for Aoraki Polytechnic and came straight from school to complete the two year Diploma in Sport and Fitness in 2008 and 2009.

"There are a few sport programmes around but what I liked about Aoraki's is the broad nature of the course, I learnt skills and knowledge in sports science, fitness, instructing, management, and nutrition – everything sport related! So, when I finished I had options to choose where I wanted to specialise in the industry!"

Bree is enjoying her time with Les Mills as a personal trainer, but has an exciting prospect for the new year. "I have been offered a position on a cruise ship as a personal trainer. I get to travel the world while I work!"

Careers and further study



AP Aoraki Polytechnic Programme

Further study options

Further study with Aoraki Polytechnic for one more year and receive the Diploma in Sport and Fitness (Level 5).

What do you need to apply?

For entry it is desirable that you have a minimum of 80 NCEA credits with 60 credits at NCEA Level 2 or above including 12 credits in English, 12 credits in Maths and a further 20 credits from any other level.

It would also be of benefit to have previous and ongoing involvement in sport or have relevant and current work experience (of at least two years); the tasks undertaken must provide evidence of competence in English and Maths.

International Students

Students for whom English is their second language, an overall IELTS score of 5.5 or a TOEFL score of 500 is required unless otherwise stated.

Programme Recognition

This programme is accredited by NZQA.

www.aoraki.ac.nz
0800 426 725

Note: All programmes subject to internal and external approval



SPORT

Diploma in Sport and Fitness (Level 5)

Starts: February
Level: 5
Duration: 2 years full-time
Campus: Timaru and Christchurch

The Diploma in Sport and Fitness aims to advance your knowledge, experience and skills in sport and exercise science.

Turn your passion and talents in sport and fitness into a qualification that prepares you for career opportunities in the sport and fitness industries. This programme builds your sports and exercise science knowledge, experience and skills in preparation for work in coaching, fitness training or sports administration.

What will this programme cover?

Sport and Fitness study, professional coaching and physical training are combined to develop skills applicable to a wide range of sport and exercise related employment.

The course combines a base of theoretical knowledge with practical application.

Year One subjects include:

- Functional anatomy
- Coaching
- Sport and Fitness training
- Psychology and Nutrition
- Sport marketing, media and communication
- Exercise science
- Biomechanics
- Sport Injuries and First aid

Year Two subjects include:

- Exercise physiology and prescription
- Management and Business Skills
- Introduction to research methods
- Sport and Fitness placements
- Coaching disabled athletes
- Massage and Medicine
- Teaching skills in physical fitness
- Sport and Fitness training
- Sport or Personal Coaching
- Psychology and Nutrition

Employment options

This qualification helps you prepare for employment as a sports co-ordinator, health and fitness instructor, community activities co-ordinator, sports coach, personal trainer, sport development officer or facilities and recreation administrator.

Further study options

Pathway to Bachelor of Exercise Science, Bachelor of Physiotherapy or Bachelor of Sport Coaching.

Careers and further study



What do you need to apply?

For entry it is desirable that you have a minimum of 80 NCEA credits with 60 credits at NCEA Level 2 or above including 12 credits in English, 12 credits in Maths and a further 20 credits from any other level.

It would also be of benefit to have previous and ongoing involvement in sport or have relevant and current work experience (of at least two years); the tasks undertaken must provide evidence of competence in English and Maths.

Year 2

For entry applicants require successful completion of our Certificate in Sport and Fitness (Year 1) or an equivalent qualification.

If you don't have the stated entry criteria, talk to us about whether you have the equivalent skills and knowledge or to determine if this is the right programme for you.

International Students

Students for whom English is their second language, an overall IELTS score of 5.5 or a TOEFL score of 500 is required unless otherwise stated.

Programme Recognition

This programme is accredited by NZQA.

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supporting your success

At Aoraki Polytechnic, you can choose from a wide range of courses and programmes at Certificate and Diploma level designed to help you achieve your career goals and support your success.

Education Pathways

Aoraki offers a range of pathway opportunities to higher study. Many of our qualifications have pathways and cross credits to degrees at our respected partner universities and polytechnics.

Career Success

Aoraki is committed to providing innovative and vocationally relevant qualifications and listening to the needs of businesses and community, ensuring our programmes are well supported and have excellent employment outcomes.

Reasons to study at Aoraki Polytechnic

- Friendly and supportive learning environment
- Pathways to Degrees
- Practical skills using industry relevant equipment
- Excellent employment outcomes
- Internationally recognised qualifications
- Strong links with industry
- Highly trained tutors who have a wide range of experience in their respective areas of expertise



ENROL NOW

STEPS TO ENROLMENT

1 Step 1. Enrolment Form

To apply for a programme of study you are required to complete an enrolment form.

You can fill out an enrolment form online at www.aoraki.ac.nz/enrolment

Alternatively you can request a form by contacting our student advisors on 0800 426 725

We take applications right up until the programme commences.

Refer to the Guide to Enrolment for additional information available online www.aoraki.ac.nz

2 Step 2. Entry Criteria

You may be invited to attend an interview or information sharing meeting with the programme tutor/staff to ensure you meet programme entry criteria.

You may also view the facilities and discuss the programme in more detail.

You are welcome to bring family or whanau support.

If all criteria are met we'll send you a letter of acceptance offering you a place on the programme.

Some programmes may "wait list" where applications exceed enrolment.

3 Step 3. Enrolment

Along with your acceptance letter we'll send you any additional information available at the time.

To enrol:

- Provide enrolment documentation as detailed in the letter.
- Return everything to us either by post or in person together with the \$100 non-refundable deposit.

Career Advice

Friendly, helpful careers and study advice

Our Student Advisors are your contact for careers advice and any information relating to career options and study at Aoraki Polytechnic.

Phone: 0800 426 725

Email: study@aoraki.ac.nz

Mature students

Applications for mature students (over 20 years of age) are welcomed.

Special Admission

Students who do not meet the entry requirements (or equivalent) may apply to the Head of School for special admission. Admission under these circumstances will be made at the discretion of the Head of School.

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/Permanent Residency

For information about the 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

International Code of Practice

CODE Aoraki Polytechnic has agreed to observe and be bound by the Code of Practice for the Pastoral Care of International Students. Copies of the Code are available from the New Zealand Ministry of Education website at www.minedu.govt.nz/international.

IMMIGRATION Full details of immigration requirements, advice on rights to employment in New Zealand while studying, and reporting requirements are available from Immigration New Zealand, and can be viewed on their website at www.immigration.govt.nz.

ELIGIBILITY FOR HEALTH SERVICES Most international students are not entitled to publicly funded health services while in New Zealand. If you receive medical treatment during your visit, you may be liable for the full costs of that treatment. Full details on entitlements to publicly funded health services are available through the Ministry of Health, and can be viewed on their website at www.moh.govt.nz.

ACCIDENT INSURANCE The Accident Compensation Corporation provides accident insurance for all New Zealand citizens, residents, and temporary visitors to New Zealand, but you may still be liable for all other medical and related costs. Further information can be viewed on the ACC website at www.acc.co.nz.

MEDICAL AND TRAVEL INSURANCE International students (including group students) must have appropriate and current medical and travel insurance while in New Zealand.

Disclaimer

Every attempt is made to ensure this brochure is correct at time of printing (December 2011). Aoraki Polytechnic reserves the right to alter programme start dates or amend programme content as required. Commencement of all programmes is subject to sufficient enrolments and gaining internal and external approvals. Fees may also be subject to some alteration prior to commencement of the programme.



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