

BACHELOR OF SPORT AND EXERCISE SCIENCE 2023



Information for international applicants, January - June 2023

Napier Campus

Want to turn your passion for sport and exercise into a career packed full of physical activity? Well, with a degree in Sport and Exercise Science, that's exactly what you'll get as you immerse yourself in sport development, athlete and human performance, nutrition and lifestyle education.

When you've graduated with a Bachelor of Sport and Exercise Science, you'll be work-ready, having been in a gym, a sports science lab, running health programmes in the community and out in the field, and coaching or managing individuals and teams to perform at their best.

You'll acquire a wide range of skills, from communication to researching to problem-solving, with people from all walks of life, from serious sports professionals to casual exercisers.

CAREER OUTCOMES

The Bachelor of Sport and Exercise Science provides pathways and employment possibilities across the sport, exercise and recreation landscape. Some possibilities include:

Wellbeing, Lifestyle and Health Promotion

Consultation and Exercise Prescription, Corporate Wellness Consultant, Special Needs Facilitator, Community Health Consultant

Exercise and Conditioning

Business owner, Personal Trainer, Group Fitness Instructor, Team Trainer

Sports Administration & Management

Sports Co-ordinator, Development Officer, Regional Co-ordinator, Player Liaison, Administrator, Sponsor Manager

Sports Coaching & Leadership

Coach, Coach Educator, Sports Co-ordinator, Team Manager, Player Liaison, Player Life-Skills Coach, Referee / Official

Community Recreation Management

Recreation Officer, Recreation Programmer, Special Needs Programmer, Facility Management

Sport Science & Support

Mental Skills Analysis Trainer, Exercise Physiologist, Biomechanist, Team Trainer/Conditioner, Research Technician

CAREER OUTLOOK

Visit the following websites for the latest information about job opportunities in New Zealand for your chosen career path.

CareersNZ offers a range of tools to help you explore jobs and plan your career: careers.govt.nz

For extensive information on labour supply and demand for occupations visit: occupationoutlook.mbie.govt.nz

For information about the Long Term Skill Shortage List visit: skillshortages.immigration.govt.nz



"The degree programme is very interactive. The teachers are highly qualified, motivating and friendly and they have helped me without any hesitation."

RYNOLD TIMOTHY | India

Qualification	Bachelor of Sport and Exercise Science
Level	Level 7
Length	Three years
Start dates	13 Feb, 17 July * Dependent on course availability - a mid-year start might entail 3.5 years of study.
Fees	NZ\$ 23,300 per year
IELTS	6.0 (academic) with no band score lower than 5.5 or equivalent.
Total credits	360 credits (120 credits per year)
Class times	Classes are scheduled between 8.00am and 5.00pm Monday - Friday. Approximately four classroom hours per course per week
Study hours	Approximately two hours for each classroom hour

WHAT YOU WILL LEARN

The BSES programme is a full-time, three year programme that offers stimulating degree studies, enabling you to become a highly regarded industry professional within the sport, health and exercise science sectors.

The programme enables graduates to enter employment in the sport, exercise and recreation industry with a sound knowledge of:

- Anatomy and physiology
- Exercise and sport science
- Nutrition and health
- Sport coaching and psychology
- Industry projects
- Research and professional practice skills

This programme is designed to develop:

- Technical skills related to sport and exercise science
- Communication skills necessary for negotiation, coaching, scientific and management level presentations
- Research skills, critical thinking and problem solving skills necessary to evaluate new information, concepts and evidence from a range of sources
- Professional skills which meet the needs of industry and society/communities, and that will enable you to continue to consolidate, apply and extend your knowledge

You are welcome to make an appointment to discuss your study options with our staff and to view our facilities.

FACILITIES

Practical studies take place in the Pettigrew Green Arena and the EIT Institute of Sport and Health. These facilities include a practical teaching space, an exercise science laboratory, a theatre for lectures and presentations for up to 80 people, changing rooms, consulting rooms, office and administration area and a massage room. Students complement their studies with access to the EIT Sport Science laboratory for advanced testing.

Included in the enrolment for the Bachelor of Sport and Exercise Science is a user agreement to the Pettigrew Green Arena gym facilities. Further details will be provided on acceptance into the programme.

ENTRY CRITERIA

ACADEMIC ENTRY REQUIREMENTS

Applicants must meet degree standard entry requirements. Approved bridging/foundation programmes include: the NZ Diploma in Sport, Recreation and Exercise, and the NZ Diploma in Wellness and Relaxation Massage.

ENGLISH LANGUAGE ENTRY REQUIREMENTS

PTE (Academic) score of 50 with no band score lower than 42 or IELTS (Academic) score of 6.0 with no band score lower than 5.5 (or equivalent) achieved within the last 2 years.



COURSE DESCRIPTIONS

The BSES is a 360 credit degree programme consisting of 14 compulsory courses and 30 credits of optional or elective courses. An elective course can be any at Level 5, 6 or 7 for which you have the necessary prerequisites.

P= Pre-requisite – courses which must be studied before

C= Co-requisite – courses which can be studied before or at the same time

YEAR ONE Compulsory Courses	BRIEF DESCRIPTION	CREDITS	LEVEL	SEMESTER
BSES5.001	Health, Activity and Nutrition The aim of this course is to equip students with knowledge and skills relating to health, activity and nutrition in the context to individuals, groups and communities.	15	5	1
BSES5.002	Exercise Science The aim of this course is to equip students with the knowledge and practical skills required to design and deliver exercise programmes to enhance clients' performance.	15	5	1
BSES5.003	Te Tū Rangatira - Professional Project The aim of this course is to provide students the opportunity to develop professional skills and knowledge to an industry standard through participation in a project.	15	5	1
BSES5.004	Coaching and Leading The aim of this course is to develop skills and knowledge to effectively plan and lead sport and recreation projects for individuals, groups and communities.	30	5	2
BSES5.005	Sport and Recreation Management The aim of this course is to equip students with knowledge and understanding of management within sport and recreation.	15	5	2
BSES5.006	Te Aranga Ake - Community Project The aim of this course is for students to plan a community project, provide leadership within it and to evaluate its effectiveness.	15	5	2
YEAR TWO Compulsory Courses	BRIEF DESCRIPTION	CREDITS	LEVEL	SEMESTER
BSES6.002	Health Promotion The aim of this course is for students to develop a thorough understanding of global health issues, measures and interventions.	15	6	1
BSES6.004	Sport Psychology and Sociology The aim of this course is to enable students to develop knowledge of factors underlying the acquisition, performance and control of skilled movements in sport and exercise.	15	6	2
BSES6.007	Skill Acquisition The aim of this course is to enable students to develop skills, knowledge and competencies to work with athletes and teams to provide nutritional strategies and apply a range of psychological concepts.	15	6	1
BSES6.008	Research Skills The aim of this course is for students to develop knowledge of research skills, research design and methodology used in sport and exercise science.	15	6	1

BSES6.009	Strength and conditioning The aim of this course is to enable students to develop strength and conditioning knowledge and skills required for the physical preparation for sport.	15	6	2
BSES6.0010	Biomechanics The aim of this course is to enable students to develop knowledge and skills to apply biomechanical principles to sport and exercise performance.	15	6	1
BSES6.011	Exercise Physiology The aim of this course is to enable students to develop knowledge and skills of physiological system testing, responses and adaptations to exercise	15	6	2
BSES6.012	Sport and Exercise Nutrition The aim of this course is to enable students to develop knowledge and skills using nutritional principles and guidelines to support sport and exercise.	15	6	2
YEAR THREE Compulsory Courses	BRIEF DESCRIPTION	CREDITS	LEVEL	SEMESTER
BSES7.011	Whakapakari - Industry Project The aim of this course is for the student to collaborate within the sport and exercise industry to make a meaningful contribution.	30	7	Full Year
BSES7.012	Te Pou Hakinakina - Sport and Exercise Project The aim of this course is to provide students with the opportunity to apply their knowledge of sport and exercise science to individuals, groups or communities.	60	7	Full Year
YEAR THREE Optional Courses				
BSES7.003	Career Management The aim of this course is to provide students with the knowledge and skills required to plan and manage their career.	15	7	2
BSES7.004	Innovation The aim of this course is to develop students' ability to integrate advancements in sport and exercise in their professional practice.	15	7	1

Disclaimer: All information in this publication pertains to international students, and is correct at the time of publication but is subject to change without notice. The programme fees, other costs, entry requirements, duration and programme start dates are for January - June, 2023. Programme content is based on current information and may be subject to change. Te Pūkenga – New Zealand Institute of Skills and Technology trading as EIT reserves the right to cancel or postpone any programme or course for any reason and shall not be liable for any claim other than that proportion of the programme fee which the cancelled or postponed portion bears. Programmes or courses may be subject to review as part of the Reform of Vocational Education and Training. For full programme entry requirements visit eit.ac.nz.