

# NZ DIPLOMA IN SPORT, RECREATION AND EXERCISE 2022



## Information for International applicants

Napier Campus

The NZ Diploma in Sport, Recreation and Exercise is a one year full-time, or equivalent part-time, programme which offers you stimulating studies and provides a pathway to a career in the wide field of recreation, sport, exercise and health. This programme has close links with the Bachelor of Sport and Exercise Science.

In particular, the programme is designed to enable you to:

- Understand human body structure and function with emphasis on the musculo-skeletal system
- Develop knowledge and skills related to professional practice in the recreation and sport industry
- Understand the relationship between nutrition, physical activity and other personal health behaviours and health
- Develop knowledge of a range of sporting and recreational activities through practical experience and active participation
- Understand the sport and recreation industry in New Zealand
- Design and apply group exercise programmes
- Assess physical performance, apply exercise techniques and design exercise for people with special needs

## CAREER OUTCOMES

Possible jobs and career opportunities can include:

- Personal Trainer
- Community Recreation Assistant
- Community health initiatives assistant
- Group Exercise Instructor
- Sports Coordinator

## 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](https://careers.govt.nz)

For extensive information on labour supply and demand for occupations visit: [occupationoutlook.mbie.govt.nz](https://occupationoutlook.mbie.govt.nz)

For information about the Long Term Skill Shortage List visit: [skillshortages.immigration.govt.nz](https://skillshortages.immigration.govt.nz)

## ENTRY CRITERIA

Provide evidence of achievement at an equivalent level.  
Sign a good health declaration and a police clearance declaration

## ENGLISH LANGUAGE ENTRY REQUIREMENTS

PTE (Academic) score of 42 with no band score lower than 36 or IELTS (Academic) score of 5.5 with no band score lower than 5.0 (or equivalent) achieved within the last 2 years.



## 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.

## ARENA GYM

Included in the enrolment for the Diploma in Sport, Recreation and Exercise is a limited membership to the gym facilities. Further details will be provided on acceptance into the programme.

<b>Qualification</b>	NZ Diploma in Sport, Recreation and Exercise
<b>Level</b>	Level 5
<b>Length</b>	One year
<b>Start dates</b>	14 Feb, 18 July
<b>Study options</b>	Full-time
<b>Fees</b>	NZ\$ 22,600
<b>Credits</b>	125

**Class times** Classes are scheduled between 8.00am and 5.00pm, Monday - Friday

## COURSE DESCRIPTIONS

YEAR ONE Compulsory Courses	BRIEF DESCRIPTION	CREDITS	LEVEL	SEMESTER
<b>BSES5.001</b>	<b>Health, Activity and Nutrition</b> The aim of this course is to equip students with knowledge and skills relating to health, activity and nutrition to the context to individuals, groups and communities	<b>15</b>	<b>5</b>	<b>1</b>
<b>BSES5.002</b>	<b>Exercise Science</b> 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.	<b>30</b>	<b>5</b>	<b>1</b>
<b>BSES5.003</b>	<b>Te Tū Rangatira - Professional Project</b> 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.	<b>15</b>	<b>5</b>	<b>1</b>
<b>BSES5.004</b>	<b>Coaching and Leading</b> 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.	<b>30</b>	<b>5</b>	<b>2</b>
<b>BSES5.005</b>	<b>Sport and Recreation Management</b> The aim of this course is to equip students with knowledge and understanding of management within sport and recreation.	<b>15</b>	<b>5</b>	<b>2</b>
<b>BSES5.006</b>	<b>Te Aranga Ake - Community Project</b> The aim of this course is for students to plan a community project, provide leadership within it and to evaluate its effectiveness.	<b>15</b>	<b>5</b>	<b>2</b>

### TIMETABLE

Your study time will be made up of contact time (class times, tutorials, industry-based learning) and non-contact time (your own individual study time, online learning).

### CONTACT TIME

On-campus classes are usually scheduled between 8.00 am and 5.00 pm Monday to Friday. Full-time students have approximately 20 hours on-campus per week.

### NON-CONTACT TIME

Students should plan to spend 16 hours of self-directed study per week.

### ASSESSMENTS

Assessments include essays, written/online reports, assignments and written and practical examinations.

### THE EXPERIENCE YOU NEED & THE SUPPORT TO SUCCEED

When you study at EIT you'll get the kind of experiences that will help you gain the knowledge and skills to get ahead. You'll also be supported by lecturers and tutors who are here for you, within a learning environment where you are treated as an individual, not just a number. They'll know your name and you'll receive one-on-one attention to make sure you get the support to succeed.



### EIT is now part of Te Pūkenga - New Zealand Institute of Skills and Technology

Te Pūkenga will bring together New Zealand's Institutes of Technology, Polytechnics, and Industry Training Organisations to build a network of on-campus, online, offshore and work-based education and training. The quality of education we deliver will not only remain, it will be strengthened by being part of the extensive Te Pūkenga network. From 2023 your enrolment will transfer to Te Pūkenga and you will become part of the extensive Te Pūkenga network in New Zealand.



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Programme content is based on current information and may be subject to change. EIT reserves the right to cancel or postpone any programme and shall not be liable for any claim other than that proportion of the programme fee which the cancelled or postponed portion bears.