



# Bachelor of Applied Science



**Domestic fee:** \$7,244 (first year)

**International fee:** \$22,520 (first year)

Compulsory student levy >  
StudyLink >

\*Fees are approximate, subject to change and exchange rates

Location	Dunedin
Duration	Three years full-time; part-time options
Delivery	Blended, distance learning

Credits	360
Level	7
Start	February
Apply	By 30 November (preferred). Late applications will be accepted until start date of programme if places available.

## With specialties in Sport, Exercise, Health and Massage

Are you passionate about sports, exercise or health? Do you like working with people? Do you want to help others improve their lives to reach their potential?

If you answered yes to all of these, then this contemporary degree is the pathway for you. It is based around practical experiences and problem-based learning, where you are the centre of the puzzle and the context determines the learning and outcomes. You will learn to reflect and critique your own and others practice in relation to the underpinning theory. Staff will work in partnership with you to develop and build your learning pathway. By focusing on career outcomes there will be the opportunity to gain “real world” industry experience and take part in community based projects with the support of staff. This degree will allow you to develop the transferable skills that make you work ready.

Graduates of this programme can expect to gain employment as competent practitioners within professional organisations. This may include government and non-government sport, exercise and health settings. For example, working in or with regional sports trusts, commercial gyms, teaching, health promotion organisations and sporting organisations. You will be trained broadly in the skills needed to be practitioners for sport, exercise and health, in addition to completing community projects within your chosen field of practice that expand your knowledge.

Students who choose to study the massage and health specialties will complete the New Zealand Diploma in Wellness and Relaxation Massage as their first year of study. They will then continue into Year 2 of the Bachelor of Applied Science. Over the course of study they will meet the requirements for registration with Massage New Zealand (MNZ) as a massage therapist specialist in rehabilitation.

Graduates who choose to study the exercise specialty will be able to apply for registration with the Register of Exercise Professionals (REPs).

## Entry requirements

Academic Qualification	Criteria
NCEA	<ul style="list-style-type: none"> <li>&gt; NCEA Level 3</li> <li>&gt; 14* credits at Level 3 in each of three NZQA approved university entrance subjects, and</li> <li>&gt; 10 Literacy credits at Level 2 or above, made up of:                             <ul style="list-style-type: none"> <li>&gt; 5 credits in reading and 5 credits in writing, and</li> </ul> </li> <li>&gt; 10 Numeracy credits at Level 1 or above, made up of:                             <ul style="list-style-type: none"> <li>&gt; specified achievement standards available through a range of subjects OR</li> <li>&gt; package of three numeracy unit standards (26623, 26626, 26627- all three required).</li> </ul> </li> </ul> <p>*Due to Covid-19 disruption, if you studied and achieved NCEA Level 3 during 2020 you only need 12 credits per Level 3 subject (i.e. a total of 36 credits).</p>
NZQA	<p>A qualification at Level 4 on the National Qualifications Framework (NQF) equalling 60 credits or more completed within one year.</p> <p>This may be achieved through successful completion of a pre-entry programme such as the Health bridging certificate at Otago Polytechnic. Please note: completion of pre-entry qualifications does not guarantee automatic entry into this programme.</p>
University study	Successful completion of courses equating to 50% of first year learner workload completed within one year.
Other	Equivalent professional experience.
English Language requirements	<p>If English is not your first language, you must provide:</p> <ul style="list-style-type: none"> <li>&gt; New Zealand University Entrance OR</li> <li>&gt; Overall Academic IELTS 6.0 with no individual band score lower than 5.5 (achieved in one test completed in the last two years), OR</li> <li>&gt; Acceptable alternative evidence of the required IELTS (see here for NZQA proficiency table and here for list of recognised proficiency tests).</li> </ul> <p>If you need to improve your English Language skills, we offer a wide range of English programmes.</p>

## Additional criteria

- > All applicants who are accepted must obtain a First Aid Certificate, and complete the requirements of the Vulnerable Children's Act 2014 (including police vetting), within the first month of commencing their study with Otago Polytechnic Institute of Sport, Exercise & Health. If you currently hold a valid first aid certificate then please send that with your acceptance. If you do not have a first aid certificate a training course opportunity will be offered to you at a reasonable cost.
- > Applicants who meet the entry criteria become eligible for selection.

## Selection criteria

Where there are more applicants than places, an interview panel consisting of a member of the Bachelor Leadership Team and relevant academic staff will interview and select applicants, with candidates prioritised on the basis of strength of academic record.

Applicants who do not meet the entry or selection criteria will be directed to a path of study to help prepare them for application in the future.

## Pathways into this programme

- > Health bridging certificate
- > New Zealand Certificate in Exercise (Level 4)

- > New Zealand Certificate in Exercise (Level 5)
- > New Zealand Diploma in Wellness and Relaxation Massage (Level 5)

#### Additional costs

Learners are expected to purchase a uniform (\$200) - this is important for industry placements. You also require your own laptop/tablet that you are able to bring with you to class.

#### Your workload

This is a full time programme of study and students are expected to complete 35 to 40 hours per week. Approximately ½ of this is face to face in the first year of study.

#### Programme structure

Within this programme you will develop skills and knowledge in sport, exercise and health, as well as communication, project management, academic writing. You will develop relationships within industry and be able to explore your learning needs and guide your final project year.

Structure	Course	Level	Credits	
Year 1	Bioscience	5	15	
	Introduction to Sport	5	30	
	Introduction to Exercise	5	30	
	Introduction to Health	5	30	
	Community Project One	5	15	
Year 2	Choose two of:	Advanced Sport	6	30
		Advanced Exercise	6	30
		Advanced Health	6	30
		Advanced Massage*	6	30
	Community Project Two	6	60	
Year 3	Community Project Three	7	120	

\* Prerequisite of New Zealand Diploma in Wellness and Relaxation Massage (Level 5) or equivalent qualification and/or experience is required to take this elective.

#### Further study options

It is expected that graduates of the Bachelor of Applied Science will be able to gain entry into relevant postgraduate qualifications (dependent on meeting programme-specific entry criteria). Programmes include the Postgraduate Certificate in Applied Science; Postgraduate Diploma in Applied Science; Master of Applied Science; or Master of Professional Practice at Otago Polytechnic; Master of Public Health, Physical Education or Teaching at the University of Otago; Master of Sport and Exercise, Public Health or Health Science at Massey University; or Master of Health Sciences or Science at the University of Auckland.

#### Student loans/allowances

Student loans and allowances are for domestic students only. For information about student loans and allowances please visit the Studylink website. It is important to apply for your student loan/allowance at the same time as you apply for this programme, due to the length of time Studylink take to process. Loan/allowance applications can be cancelled at any time if you decide to withdraw your programme application or if it is unsuccessful.

#### Recognition of prior learning

If you already have extensive knowledge and skills gained from practical experience in this area, enquire about our recognition of prior learning process at Capable NZ. You may have already gained credits towards this qualification in the course of your life. Visit the Capable NZ website.

#### Disclaimer

While every effort is made to ensure that this sheet is accurate, Otago Polytechnic reserves the right to amend, alter or withdraw any of the contained information. The fees shown in this document are indicative ONLY. Both domestic and international fees are subject to change and are dependent on the development and implementation of Government policies. Please note that additional fees may from time to time be required for external examination, NZQA fees and/or additional material fees.

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