

Bachelor of Exercise and Sport Science

LEVEL 7



Bachelor of Exercise and Sport Science

Get in front of the pack, with UCOL's Exercise and Sport Science Degree. With this under your belt, you will have the skills and knowledge to launch your career in sports, exercise or health. UCOL graduates understand how the body responds, adapts and recovers after exercise; along with the effects of diet on performance; and techniques for managing health conditions with an exercise programme. UCOL graduates also know how to test, train and motivate athletes to achieve their goals. All this knowledge can be passed on to you by our highly skilled and enthusiastic lecturers, so you too can unlock the 'Science' of sport at UCOL!

Passing on the Passion



BACHELOR OF EXERCISE AND SPORT SCIENCE

Get in front of the pack

UCOL's Exercise & Sport Science graduates lead the field

Unlock the 'science' of sport with UCOL's Bachelor of Exercise & Sport Science and get a head start in an exciting career in sports, exercise and health.

You'll learn how the body responds, adapts and recovers after exercise, how diet affects performance, and how health conditions like diabetes, obesity and heart disease can be managed under an exercise programme. You'll also learn how to test, train and motivate sports athletes and teams to reach peak performance, all with the benefit of our two Exercise Physiology Testing Laboratories (Sport & Exercise Science NZ accredited) and fully equipped gym.

UCOL also has strong links to the sport, health and fitness industries to ensure this degree maintains relevance to the workforce.

PROGRAMME FEATURES

1. UCOL's teaching staff are exercise/sports scientists with strong practical and clinical experience.
2. High-tech accredited laboratories and a fully equipped gym on campus give you the tools you need to maximise your enthusiasm and learn to your full potential.
3. Small class sizes and a focus on practical/applied learning will enhance your learning experience and keep your skills relevant to industry.
4. UCOL is committed to providing flexible teaching and a student centred learning environment.
5. Dual focus within the degree on exercise for health and sport which leads to greater graduate employment opportunities.
6. Achieve to your potential with UCOL and become an independent lifelong learner.
7. Friendly supportive learning environment and staff.

GRADUATE PROFILE

Andre Richards



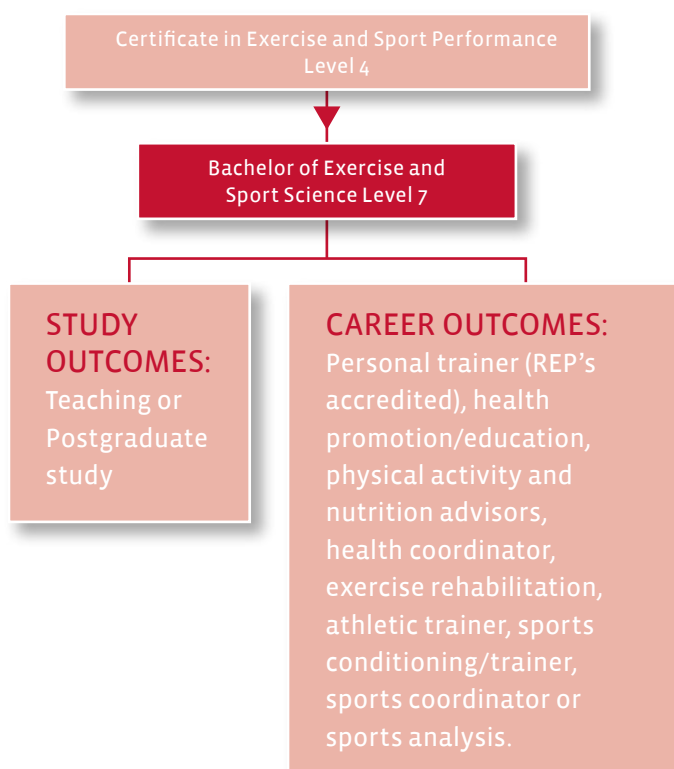
Andre Richards says his feet haven't touched the ground since finishing his Bachelor of Exercise and Sport Science in November. In those few short months he has travelled to the South Island for a Crusaders training camp, worked with the Central Districts Stags cricket team at their training camp, and continued his voluntary roles as physical conditioning coach to The Manawatu Jets basketball team. To top it off he has just been offered a job as Physical Conditioning Consultant to the Indonesian Olympics movement in Jakarta.

Andre is excited about travelling to Jakarta and training professional athletes. "It's a fantastic opportunity to train Olympic athletes, working at the top of their field."

He says the programme was hard work but very thorough, and there was lots of support available. "I would recommend it to anyone wanting a career in a sports or health related field. The lecturers had a wide range of expertise, and they link your learning to practical situations. By the time you finish the degree, you have a really good theoretical and practical knowledge."

Programme:	Bachelor of Exercise and Sport Science
Level:	7
Study Options:	Full-time
Programme Length:	3 years
Intakes:	Semester 1
Campus:	Palmerston North
Start Date:	
Fees:	
Other Programme Costs:	

STUDY PATHWAYS



ENTRY REQUIREMENTS

To be eligible for entry to the programme, applicants must hold at least one of the following:

(a) Under 20 years of age applicants:

- 42 credits at Level 3 or above from the National Qualifications Framework (Achievement or Unit Standards). Of these, 14 credits must come from one domain.
- A Certificate in Sport and Fitness (Level 3); or equivalent
- A minimum of 14 credits in each of four Level 2 approved subjects and an overall grade average of at least 55. The literacy and numeracy requirements for university entrance outlined for NCEA holders must also be met.

(b) Over 20 years of age:

- A person having reached the age of 20 years by the first day of the programme in the year for which admission is sought, is not required to hold the above entry qualifications.

(c) Applicants whose first language is not English must have a level of English of at least an IELTS of 6.0 or TOEFL of 550.

(d) Students must hold a current Comprehensive First Aid Certificate, or have gained that certificate prior to the second semester of the programme.

For applicants who are not New Zealand citizens or permanent residents:

- application must be made on the Overseas Student Application Form prior to 1 December in the year preceding that in which they wish to commence studies.

Exit qualification – After successful completion of the first two years of the degree, you are eligible to exit this programme with the Diploma in Exercise Science, Level 6.



OVERVIEW OF PAPERS OFFERED

YEAR 1

PAPER #	TITLE	CREDITS
HP111	Anatomy & Physiology	15
HP112	Physical Conditioning 1a	15
HP113	Sociocultural Foundations of Human Performance	15
HP114	Skill Learning & Performance	15
HP121	Exercise Physiology	15
HP122	Physical Conditioning 1b	15
HP123	Nutrition 1	15
HP124	Biomechanics of Human Movement	15

YEAR 2

PAPER #	TITLE	CREDITS
HP232	Physical Conditioning 2a	15
HP233	Nutritional Biochemistry	15
HP234	Athletic Training	15
HP235	Psycho-social Aspects of Human Performance	15
HP241	Research Methods and Design 1	15
HP242	Physical Conditioning 2b	15
HP244	Nutrition for Human Performance	15
HP245	Physical Conditioning Practicum 1	15

YEAR 3

PAPER #	TITLE	CREDITS
HP351	Research Methods and Design 2	15
HP352	Physical Conditioning 3	30
HP355	Physical Conditioning Practicum 2	15
HP362	Exercise Considerations for Special Populations	30
HP365	Physical Conditioning Practicum 3	15
HP366	Musculoskeletal Exercise Rehabilitation	15



YEAR 1

PAPER #	TITLE	CREDITS	CONTENT
HP111	Anatomy & Physiology	15	To provide a sound understanding of the anatomical structure and physiological functions of human body systems, for later application to human movement.
HP112	Physical Conditioning 1a	15	Develop an understanding of, and ability to put into practice, basic resistance and flexibility techniques and programmes used in muscular strength, muscular power, muscular endurance and flexibility training, and their clinical assessment. Also develop an understanding of skeletal muscle groups and the exercises designed to target them.
HP113	Sociocultural Foundations of Human Performance	15	Introduction to the historical, social and cultural foundations of human development and performance, and to raise the awareness of the relevance of physical fitness and human performance across the wider community. Also to gain an understanding of cultural diversity and to identify the historical location of sports psychology and social psychological concepts relevant to human performance.
HP114	Skill Learning & Performance	15	Develop the understanding of how motor skills are learned and performed, and apply this to the practical setting. In addition, this paper also aims to develop an understanding of the influence of growth, maturation and aging on motor skills and skill learning.
HP121	Exercise Physiology	15	Provides an understanding of the physiological systems and mechanisms of the human body under rest and exercise conditions as they apply to human performance.
HP122	Physical Conditioning 1b	15	Develop an understanding of, and ability to put into practice, basic techniques and programmes used in power, speed, anaerobic, and aerobic energy systems training, general fitness training and their clinical assessment.
HP123	Nutrition 1	15	Gain a working understanding of the role of nutrition in human performance including the sources and availability of food categories.
HP124	Biomechanics of Human Movement	15	Gain an understanding of, and the demonstrated ability to apply, the fundamental biomechanical concepts of human motion, as they relate to human performance.



YEAR 2

PAPER #	TITLE	CREDITS	CONTENT
HP232	Physical Conditioning 2a	15	Gain the necessary skills to screen clients, carry out and report the results of body composition, flexibility, and sub-maximal predictive tests. Also develop the ability to apply the principles of programme design and explain the physiological responses to training from follow-up evaluations.
HP233	Nutritional Biochemistry	15	Gain an understanding of nutrient digestion absorption and co-ordinated utilisation in the body. Emphasis will be placed on the biochemical processes involved in each. Also, develop knowledge of the metabolic response to both training and overtraining, and their effect on substrate utilisation.
HP234	Athletic Training	15	Gain an understanding of the implications of sports injuries on human performance. Develop knowledge and skills to be able to competently use sport injury assessment techniques, and massage and strapping for all phases of people's sport participation. Includes a placement as a sport medic with a sports team.
HP235	Psycho-social Aspects of Human Performance	15	Gain an understanding of psycho-social factors influencing human performance as they relate to sport and physical conditioning, and develop knowledge of psycho-social factors that influence an individual, plus strategies to enhance human performance.
HP241	Research Methods and Design 1	15	Be introduced to the research process and the role of research in advancing clinical health knowledge. Examine the historical, physiological and ethical aspects of research and develop the skills for critical analysis of published material. Gain an understanding of measurement in clinical and laboratory setting within the field of human performance and how to statistically analyse and interpret data.
HP242	Physical Conditioning 2b	15	Enhance knowledge, and ability to apply, the principles of conditioning for optimising sport performance. Gain an in-depth understanding of the physiology of speed, flexibility, muscular power and energy system training. In addition, develop the ability to both periodise training programmes and monitor athletes' training loads and progression.
HP244	Nutrition for Human Performance	15	Develop the demonstrated ability to evaluate and apply nutritional principles and practices for the enhancement of sport performance, general fitness and weight loss.
HP245	Physical Conditioning Practicum 1	15	Develop clinical skills in exercise testing, exercise prescription, client instruction and monitoring, observation and feedback. Also develop knowledge and practical skills in advanced exercise techniques and core stability. Includes placement within the fitness industry.



YEAR 3

PAPER #	TITLE	CREDITS	CONTENT
HP351	Research Methods and Design 2	15	Develop critiquing skills in order to differentiate between rigorous and non-rigorous health research and its contribution to the advancement of health knowledge; Carry out an independent literature enquiry within an identified area; and demonstrate a depth and breadth of knowledge and understanding in that area consistent with degree level.
HP352	Physical Conditioning 3	30	Advance the understanding and skills of clinical assessment and conditioning for sport with a focus on the physical and nutritional requirements for optimal performance. Design a comprehensive “periodised” conditioning and nutritional programme for sport as well as develop an assessment for its evaluation.
HP355	Physical Conditioning Practicum 2	15	Be provided with an opportunity within a clinical workplace setting for the advancement and application of your skills and knowledge in the area of human performance. Also get an introduction into basic business management and marketing principles necessary for a successful small business operation.
HP362	Exercise Considerations for Special Populations	30	Develop the clinical knowledge of the special consideration required in the prescription of programmes for special population groups and people with special needs. Aspects of clinical testing techniques, physical activity, nutrition education and promotion methods will be studied.
HP365	Physical Conditioning Practicum 3	15	Be given further opportunities within a clinical workplace setting for the advancement and application of your skills and knowledge in the area of human performance. In particular, be provided the opportunity to demonstrate the ability to put all the skills learned within the programme together in the professional practice setting at a level befitting a physical conditioning professional.
HP366	Musculoskeletal Exercise Rehabilitation	15	Gain advanced knowledge and skills to provide comprehensive musculoskeletal reconditioning programmes and to clinically assess progress within these programmes.

Practicum and Work Experience

In the second and third year, practicums are undertaken. These practicums are an integral part of the programme, allowing for experience of the practical application of skills in the industry. Here skills can be applied within a controlled environment supported by UCOL staff that are available for critique and feedback. The practicum allows you to develop problem solving skills within an industry and directed to “real life” situations.



WHY STUDY AT UCOL?

The decision to study at UCOL will be one of the most important decisions you will ever make and in choosing to come to UCOL you will experience:

- Highly skilled and passionate lecturers who will give you the support to help you succeed.
- Learn through a mix of practical, hands on experience and theory.
- Qualified lecturers and tutors who have industry experience and will pass their knowledge and passion onto you.
- Programmes that offer you skills and knowledge that your future employer will need.
- Study in modern, up to date classrooms with interactive teaching that provides for all types of learning styles.
- Small class sizes let lecturers focus on you as a learner.
- Health & childcare facilities cater for all your needs.
- Three vibrant and fun campus environments.
- Excellent additional support services for students.
- Employers look out for UCOL graduates!

FIND OUT MORE

To find out more info on UCOL, its campuses, student support services or for comprehensive information relating to this programme; visit the UCOL website www.ucol.ac.nz, visit us at one of our three campus Information Centres, or call us on 0800 GO UCOL and speak to one of our Advisory Officers.

ADMISSION TO UCOL

UCOL has introduced an Admission process that aims to make sure you are studying at a level you are prepared for. Admissions is all about helping you to find the right level of study and academic pathway for you to succeed at UCOL. Please refer to the Admission to UCOL fact sheet prior to completing your Admission and Enrolment Form.

HOW TO APPLY

Contact us and we will send you an Admission and Enrolment Form or you can complete the online Admission and Enrolment Form on the UCOL website www.ucol.ac.nz



FEB11 - This is Intended as a general guide only. Some of the information contained in this flyer may be subject to change. This flyer supersedes all previous flyers. Please ensure you have the current flyer or check the UCOL website for the current programme information.

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