

Programme Regulations for:

Bachelor of Sport and Exercise Science

Wintec code:	SC9501	MoE:	WK2374
Level:	7	Credits:	360
Owner:	Centre for Sport Science and Human Performance	Effective Date:	January 2025

These regulations should be read in conjunction with the Institute's Academic Regulations and are applicable to the revised Version 2 of this programme, effective January 2015.

1. Transition arrangements

1.1 Principles:

These principles underpin the application of the transition regulations:

- a) Transition arrangements will seek to minimise any disadvantages to students;
- b) The graduate profile will be used as a guide for developing transition arrangements;
- c) Individual student transition arrangements will maintain the academic integrity of the qualification and will ensure that students who graduate will meet the graduate profile.

1.2 Transition:

- a) The revised version 2 of this programme will be delivered to new Year One students from semester 1, 2015;
- b) Current students will be able to complete Year One, or will be able to transfer to Year Two, at the first reasonable opportunity.

2. Admission and Entry

2.1 General Academic Admission

- a) Candidates are required to have:
 - i) NCEA Level 3 comprised of 60 credits at NCEA Level 3 or above **and** 20 credits at NCEA Level 2 or above, including:
 - (1) 14 credits each at NCEA Level 3 in three approved subjects; **and**
 - (2) Literacy (10 credits at NCEA Level 2 or above made up of 5 credits each in reading and writing); **and**
 - (3) Numeracy (10 credits at NCEA Level 1 or above);**OR**
 - ii) A minimum of 60 credits at NCEA Level 2 across four subjects (15 credits per subject) including English and a Science subject or Physical Education.
 - (1) In addition candidates are required to have gained a minimum of 14 credits at Level 1 or higher in Mathematics or Pāngarau on the New Zealand Qualifications Framework (NZQF),
 - (2) **plus** a minimum of 8 credits at Level 2 or higher in English or Te Reo Māori, 4 credits of which must be in Reading and 4 credits in Writing;**or**
- ii) An equivalent or relevant level 4 qualification as approved by the Team Manager or delegated authority.

2.2 Special Admission

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Domestic applicants aged 20 years or above who have not met the General Admission or entry requirements for a programme but whose skills, education or work experience indicate that they have a reasonable chance of success¹ may be eligible for Special Admission. Special admission will be granted at the discretion of the relevant Head of School/Centre Director or designated nominee. Such applicants may be required to successfully complete a foundation, bridging or tertiary introductory programme as a condition of entry into higher level programmes.

2.3 Provisional Entry

Domestic applicants aged under 20 years who have not met the general academic admission and entry criteria for a programme but who can demonstrate a reasonable chance of success through other educational attainment and/or work or life experience may be eligible for provisional entry at the discretion of the relevant Head of School/Centre Director or designated nominee. Provisional entry places restrictions on re-enrolment to be lifted if the applicant's performance is deemed satisfactory by the relevant Head of School/Centre Director or designated nominee.

2.4 First Aid Requirements

Students enrolled on this programme must hold, or be working towards, a current first aid certificate (covering NZQA units 6401 and 6402) for the duration of their enrolment.

2.5 English Language Requirements

Candidates who have English as a second language are required to have an International English Language Test System (IELTS) score of 6.0, with no individual band score lower than 5.5; or equivalent.

2.6 In order to comply with the provisions of the Vulnerable Children's Act, 2014 and Child Protection Policies for all 'specified organisations' providing a 'regulated service', all candidates/students will be subjected to safety checks. These will include but are not limited to;

- A Formal Interview
- Referee Checks
- A Police Vet Check
- A Risk Assessment

Any unsatisfactory result arising from the full safety checking process may result in the candidate/student being precluded/declined entry or withdrawn from the programme of study. Furthermore, students must declare any pending or new convictions arising during any stage throughout the entire enrolment period. A conviction or failure to declare a conviction may also result in the student being immediately withdrawn from the programme.

3. Transfer of Credit

3.1 The standard credit limit for TOC is two thirds ($\frac{2}{3}$) of the qualification.

3.2 Transfer of credit will not be granted at Level 7.

3.3 In exceptional circumstances, these Transfer of Credit clauses may be waived, with the approval of the Academic Board or delegated authority.

¹ [Education Act 1989 Section 224 \(3\)](#)

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4. Programme Requirements

- 4.1 Every candidate for the Bachelor of Sport and Exercise Science shall to the satisfaction of the Academic Board follow a programme of study for a period of normally not less than six semesters.
- 4.2 Each candidate's programme of study shall comprise the compulsory and elective modules as listed in section 6 of these regulations, totalling a minimum of 360 credits, as follows:
- a) Each candidate shall complete the compulsory modules in Group A totalling 120 credits.
 - b) Each candidate shall also complete the compulsory module SPHP610 Research Methods in Group B which is in year two of the programme; **and**
 - c) For the award of the degree, each candidate shall complete further modules in order to achieve a minimum of 360 credits from levels 5 to 7, including at least 75 credits at level 7.
- 4.3 Candidates may specialise in their programme of study by undertaking studying in one of the 3 streams
- a) Community Sport and Recreation Management
 - b) Wellbeing and Lifestyle
 - c) Sport and Exercise Science

To choose modules for these key streams, candidates should consult the Team Manager or programme coordinator.

4.4 Research Progress Report

- a) Any candidate enrolled in a research module will be required to complete a Research Progress Report. For any single semester module this will be completed at the end of the first two months. For any double semester modules this will be completed at the end of the first semester.
- b) If progress is deemed to be unsatisfactory or marginal a Progress Agreement will be entered into, and further progression through the module is dependent on meeting the requirements of the Agreement to the satisfaction of the Programme Committee.
- c) Following review by the Programme Committee, progress still deemed to be unsatisfactory may result in the student being excluded from the module.

5. Completion of the Programme

- 5.1 A candidate may take up to five years to complete this programme, unless an extension is granted by special permission of the Centre Director.

6. Award of the Qualification

- 6.1 Candidates who successfully fulfil the requirements in section 3 of these regulations will receive the award of the Bachelor of Sport and Exercise Science.

7. Schedule of Modules

Note: no value in the pre/co-requisite columns means there are no pre/co-requisites for that module.

Group A: Compulsory Level 5 Modules

Programme Regulations for:

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
SPHP501	Musculo-Skeletal Anatomy	5	15		
SPHP503	Human Body Systems 1	5	15		
SPHP504	Exercise Programming and Design	5	15		
SPHP506	Human Movement Studies	5	15		
SPHP507	Introduction to Sport and Exercise Psychology	5	15		
SPHP508	Lifestyle, Nutrition and Health	5	15		
SPHP513	Human Body Systems 2	5	15		
HSPT501	Te Hihiri	5	15		

Group B: Compulsory Level 6 Module

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
SPHP610	Research Methods	6	15		

Group C: Elective Modules

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
SPHP601	Injury Prevention and Rehabilitation	6	15	SPHP501	
SPHP602	Coaching Pedagogy	6	15	SPHP507	
SPHP603	Exercise Physiology	6	15	SPHP503 SPHP513	
SPHP604	Advanced Exercise Programme Design	6	15	SPHP504	
SPHP605	Outdoor Education	6	15		
SPHP606	Biomechanical Applications in Sport and Exercise	6	15	SPHP506	
SPHP607	Sport and Exercise Psychology	6	15	SPHP507	
SPHP608	Sport Nutrition	6	15		
SPHP612	Motor Learning and Control	6	15	SPHP506	
SPHP618	Biochemistry	6	15	SPHP503 SPHP513	

Programme Regulations for:

Group D: Level 7 elective modules

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
SPHP701	Assessment and Rehabilitation of Injury	7	15	SPHP601	
SPHP702	Advanced Sport Coaching	7	15	SPHP602	
SPHP703	Physiological Preparation for Sport	7	15	SPHP603 SPHP618	
SPHP704	Applied Exercise Programming	7	15	SPHP603 SPHP604	
SPHP705	Practicum	7	15	Completed first 4 semesters; panel selection	
SPHP706	Applied Biomechanics in Sport and Exercise	7	15	SPHP606	
SPHP707	Applied Sport and Exercise Psychology	7	15	SPHP607	
SPHP708	Nutrition and Metabolism in Sport	7	15	SPHP608 SPHP618	
SPHP710B	Research Topics in Sport and Exercise	7	30	SPHP610	
SPHP711	Exercise Prescription for Special Populations	7	15		
SPHP714	Scientific Principles of Strength and Conditioning	7	15	SPHP603 SPHP604	
SPHP715	Directed Study	7	15		
SPHP718	Community Nutrition and Health Promotion	7	15	SPHP508	

Group E: Optional

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
DFNZ701	Design Factory Industry Project	7	30		
BIBM500	Introduction to Accounting	5	15		
BIBM521	Commercial Law	5	15		
BIBM550	Introduction to Marketing	5	15		
BIBM571	Management (Operations)	5	15		
BIBM606	Introduction to Finance	5	15	BIBM500	
BIBM622	The Law of Business Entities	5	15	BIBM521	
BIBM631	Event Planning and Management	5	15	BIBM571	
BIBM651	Marketing, Planning and Control	5	15	BIBM550	

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BIBM672	Operations Management	5	15		
BIBM673	Project Management	5	15		
BIBM681	Human Resources	5	15		
BIBM770	Resource Integration Management	6	15		
BIBM771	Strategic Management	6	15		

The 30 credit module DFNZ701: Design Factory 1 can be offered as an option within any Wintec degree programme, wherever the degree programme structures allows such an option. Admission into the Design Factory module is on negotiation with the Centre Director or delegated authority and selection into the module is in line with the Design Factory process.

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
SPRT501	Fitness Industry Business Skills	5	15		

The 15 credit module SPRT501: Fitness Industry Business Skills can be offered as an option within the Bachelor of Sport & Exercise science degree programme, wherever the degree programme structure allows such an option.

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
MASS501	Relaxation and Wellness Massage	5	15		SPHP501
MASS603	Massage for Physical Performance	6	15		

Modules MASS501 & MASS603 can be offered as an option within the Bachelor of Sport & Exercise Science degree programme, wherever the degree programme structure allows such an option.