

## Postgraduate Diploma in Sport and Exercise Science

(Level 8)

<b>Wintec code:</b>	SP0201	<b>MoE:</b>	WK2485
<b>Level:</b>	8	<b>Credits:</b>	120
<b>Owner:</b>	Centre for Sport Science and Human Performance	<b>Effective Date:</b>	January 2025

These regulations should be read in conjunction with the Institute's Academic Regulations.

### 1. Admission and Entry

#### 1.1 General Academic Admission

- a) Applicants are required to have gained
  - i) an undergraduate degree in Sport and Exercise Science with a grades average of B or better in the final year of full-time study (or equivalent in part-time study), conferred by a New Zealand tertiary education institution, **or**
  - ii) a qualification with a grades average of B or better in the final year of full-time study (or equivalent in part-time study), industry experience and/or informal transfer of credit approved as equivalent by the Sport Science Postgraduate Programme Committee.

#### 1.2 Selection Criteria

- a) Every applicant will attend a selection interview.
- b) Where there are more applications than the number of places available, selection will be determined on the basis of:
  - i) academic ability as demonstrated in the applicant's undergraduate degree, and
  - ii) prior experience in sport and exercise science.

#### 1.3 Safety Check

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arising from the full safety checking process may result in the candidate/student being precluded/declined entry or withdrawn from the programme of study.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 A conviction or failure to declare a conviction may also result in the student being immediately withdrawn from the programme.

# Programme Regulations for:

Persons who are convicted of '*specified offences*' will not be accepted onto any programme that requires that Person to work in an organisation providing a regulated service.

## 1.4 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.

## 1.5 English Language Requirements

Candidates who have English as a second language are required to have an International English Language Test System (IELTS) score of 6.5, with no individual band score lower than 6.0; or equivalent.

## 2. Transfer of Credit

2.1 Transfer of credit at postgraduate level is case by case but will not exceed more than 50% of the programme.

2.2 Approved conditions for transfer of credit are as follows:

- a) Candidates who have previously gained the award of the Postgraduate Certificate in Sport and Exercise Science at Waikato Institute of Technology may receive transfer of credit towards this programme for the two optional specialist modules, on surrender of their Postgraduate Certificate.
- b) Candidates transferring from this programme to the Master in Science (Human Performance Science) programme at Waikato Institute of Technology may receive transfer of credit towards this programme of up to 120 credits.

## 3. Programme Requirements

3.1 Every candidate for the Postgraduate Diploma in Sport and Exercise Science programme shall to the satisfaction of the Academic Board complete a programme of study for a period of normally not less than two semesters.

3.2 Each candidate's programme will comprise modules totalling 120 credits from the list in Section 6 of these regulations.

3.3 Candidates who intend to seek entry to the Master of Science (Human Performance Science) programme, should have passed two modules from the list, with an average grade of B or better.

3.4 Candidates may include in their programme, in place of one of the modules listed in section 6 of these regulations, an advanced vocational elective module or modules totalling a minimum of 30 credits, which must be at Level 7 or above, from any programme at the Waikato Institute of Technology or another tertiary institution, subject to the following restrictions:

- a) The elective modules must be approved by the Team Manager as appropriate for the programme and to the candidate's intended career.
- b) The candidate must have fulfilled any pre-requisite requirements of the elective module or modules.
- c) Where an elective module is at Level 7, candidates will complete extra work under supervision, as approved by the Team Manager, to make the module equivalent to a Level 8 module.

3.5 Candidates who have failed more than one module in the programme will not be permitted to re-enrol.

# Programme Regulations for:

3.6 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. 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.

a) Following review by the Programme Committee, progress still deemed to be unsatisfactory may result in the student being excluded from the module.

## 4. Completion of the Programme

4.1 A candidate may take up to five years to complete the Postgraduate Diploma in Sport and Exercise Science (Level 8), unless an extension is granted by special permission of the Centre Director.

## 5. Award of the Qualification

5.1 Candidates who successfully complete the programme requirements as stated in these regulations, and in the process gain a grades average of A– (75%) or better, will receive the award of the Postgraduate Diploma in Sport and Exercise Science (Level 8) with Distinction.

## 6. Schedule of Modules

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

Module Code	Module Name	Level	Credits	Pre-requisites	Co-requisites
SPPG019	Advanced Research Methods*#	8	15		
SPPG023	Health and Wellness Psychology	8	15		
SPPG003	Advanced Topics in Biomechanics	8	30		
SPPG004	Advanced Topics in Exercise Physiology	8	30		
SPPG005	Advanced Topics in Sport Nutrition	8	30		
SPPG007	Advanced Topics in Rehabilitation	8	30		
SHPG009 ^	Professional Practice	8	60	Relevant postgraduate speciality course	
SPPG010	Advanced Vocational Elective	8	30		
SPPG011	Special Topic	8	30		
SPPG015	Clinical Exercise Physiology	8	30		
SPPG016	Strength and Conditioning	8	30	SPBS604	
SPPG017	Human Performance Science Innovations	8	15		
SPPG021	Performance Analysis	8	30		
SPPG022	Advanced Performance Analysis	8	30	SPPG021	

^ Recommended to have completed a Postgraduate specialist module.

# Programme Regulations for:

# Candidates intending to enter the Master of Science (Human Performance Science) programme upon completion of their Postgraduate Diploma in Exercise Science should include these modules in their programme of study.