

AK1031 Graduate Certificate & AK1032 Graduate Diploma in Sport, Exercise and Health

PROGRAMME STRUCTURE AND COURSES

Choose your Programme and Pathway

AK1031 Graduate Certificate in Sport, Exercise and Health

Complete 60 points with at least 45 points at Level 7

Pathway 1: 4 courses of choice

Pathway 2: 4 courses with a Focus area*

15 points LEVEL 5-7	15 points LEVEL 7	15 points LEVEL 7	15 points LEVEL 7
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**A Grad Cert focus area must be at least 45pts including at least 30pts at level 7.*

OR

AK1032 Graduate Diploma in Sport, Exercise and Health

Complete 120 points with at least 75 points at Level 7

Pathway 1: 8 courses of choice

Pathway 2: 8 courses with a Focus area*

15 points LEVEL 5-7	15 points LEVEL 5-7	15 points LEVEL 5-7	15 points LEVEL 7
15 points LEVEL 7	15 points LEVEL 7	15 points LEVEL 7	15 points LEVEL 7

**A Grad Dip focus area must be at least 75pts including at least 45pts at level 7 as indicated*

Step 1: Choose your Pathway. **Step 2:** Choose your Courses. **Step 3:** [Enrol](#)
View the **Course Descriptors and Timetables** by entering the Course Code into the [AUT Course Search](#)

Focus Areas

Focus areas offer you the opportunity to complete courses from a specific subject area.
Students completing a focus area will have it specified on their transcript.

Health and Physical Education
Sport and Exercise Science
Sport Leadership and Management
Nutrition and Physical Activity
Outdoor Learning*
Sport Performance Science*
Youth Development and Coaching*

** To meet the focus area requirements for Outdoor Learning, Sport Performance Science, or Youth Development and Coaching, students will be required to complete an additional level 7 course, approved by the Programme Leader, in addition to the course list.*

Graduate Certificate in Sport, Exercise and Health students

Please note the following:

- some focus areas have limited offerings and/or pre-requisite requirements, and it may not be possible to complete all 60 points within a single semester.

Please seek course advice from your Programme Leader if you would like any further information.

AK1031 Graduate Certificate & AK1032 Graduate Diploma in Sport, Exercise and Health

Focus Areas

Please ensure you are completing the correct levels and points for your programme

Please check timetables and plan out your study carefully as some focus areas have limited offerings

Health and Physical Education (HPE)

Grad Cert/Dip students: A focus Area may delay prog completion as Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

SPOR524	Sport, Health and Physical Activity in Education	L5
SPSC502	Exercise Physiology I	L5
SPOR631	Health and Physical Education: Curriculum in Action	L6
SPOR632	Skill Acquisition	L6
SPOR641	Te Pūtake o te Waiora OR	
SPSC607	Performance Psychology	L6
SPSC604	Applied Sports Biomechanics I	L6
SPOR722	Health Education and Youth Wellbeing	L7
SPOR723	Teaching and Learning Approaches in Sport, Health & PE	L7

Outdoor Learning (OE)

Grad Cert/Dip students: A focus Area may delay prog completion as Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

SPOR528	Outdoor Learning for Wellbeing	L5
SPOR637	Blue Spaces: Connecting to Our Place	L6
SPOR638	Innovative Practices in Outdoor Learning	L6
SPOR726	Outdoor Learning for a Changing World	L7
	Additional Level 7 course approved by Programme Leader	L7

Sport and Exercise Science (SES)

Grad Cert/Dip students: A focus Area may delay prog completion as Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

SPSC502	Exercise Physiology I	L5
SPSC503	Applied Anatomy	L5
SPSC603	Exercise Prescription and Assessment	L6
SPSC604	Applied Sports Biomechanics I	L6
SPSC605	Exercise Physiology II	L6
SPOR632	Skill Acquisition	L6
NUTR601	Sport and Exercise Nutrition	L6
SPSC607	Performance Psychology	L6
SPSC608	Sport Performance Analysis	L6
SPSC701	Athletic Conditioning	L7
SPSC702	Applied Sports Biomechanics II	L7
SPSC703	Clinical Exercise Physiology	L7
SPSC704	Applied Sports Performance Science	L7

Youth Development and Coaching (YDC)

Grad Cert/Dip students: A focus Area may delay prog completion as Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

SPOR524	Sport, Health and Physical Activity in Education	L5
SPOR526	Sport for Social Change	L5
SPOR639	Youth Sport Development	L6
SPOR727	Community Coach Development	L7
	Additional Level 7 BSEH course (15 points) approved by Programme Leader	L7

Sport Performance Science (SPS)

Grad Cert/Dip students: A focus Area may delay prog completion as Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

STAT500	Applied Statistics (Non-BSEH Course)	L5
SPSC608	Sport Performance Analysis	L6
SPSC609	Sport Insights and Visualisation	L6
SPSC704	Applied Sport Performance Science	L7
	Additional Level 7 BSEH course (15 points) approved by Programme Leader	L7

Sport Leadership and Management (SLAM)

Grad Cert/Dip students: A focus Area may delay prog completion as Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

SPOR525	Introduction to Sport Management and Marketing	L5
SPOR526	Sport for Social Change	L5
SPOR633	Sport Entrepreneurship and Events	L6
SPOR634	Marketing for Sport	L6
SPOR635	Sport Operations in Practice	L6
SPSC609	Sport Insights and Visualisation OR	
SPOR641	Te Pūtake o te Waiora	L6
SPOR724	Leadership in Sport, Exercise and Health	L7
SPOR725	Strategic Sport Management	L7

Nutrition and Physical Activity (NPA)

Grad Cert/Dip students: A focus Area may delay prog completion as Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

SPOR527	Nutrition and Physical Activity Fundamentals	L5
SPOR636	Nutrition and Physical Activity Behaviour	L6
NUTR601	Sport and Exercise Nutrition	L6
SPOR641	Te Pūtake o te Waiora	L6
CULN702	Food Ethics and Sustainability (Non-BSEH Course)	L7
MAOH701	Māori Health Promotion (Non-BSEH Course)	L7
SPOR721	Nutrition and Physical Activity Promotion	L7
SPOR724	Leadership in Sport, Exercise and Health	L7

Don't guess if you're on the right track – come and see us and we'll help you map out your study

Course Advice: Programme Leader richardwright@aut.ac.nz or sportstudent@aut.ac.nz

List of Courses

Course Descriptors and Timetables can be found by entering the Course Code into the [AUT Course Search](#)

[How to Enrol](#)

Please ensure you are selecting the correct levels and points for your programme

Code	Course Name	Pre/Co Requisites	Sem 1	Sem 2
SPOR520	Tauherea taiao ki ngā hunga	Nil		N + S
SPOR521	Movement Theory to Practice	Nil	N + S	
SPOR522	Professional Practice I	Nil	N + S	N + S
LSKL500	Uni101		N + S	N + S
SPOR523	Sport, Exercise and Health in Aotearoa NZ	Nil	N + S	N + S
SPOR524	Sport, Health and Physical Activity in Education	Nil	N+S	
SPOR525	Introduction to Sport Management and Marketing	Nil	N+S	
SPOR526	Sport for Social Change	Nil		N+S
SPOR527	Nutrition and Physical Activity Fundamentals*	Nil		N
SPOR528	Outdoor Learning for Wellbeing	Nil	N	
SPSC502	Exercise Physiology I	Nil		N+S
SPSC503	Applied Anatomy	Nil	N+S	
STAT500	Applied Statistics	Nil		N+C
NUTR601	Sport & Exercise Nutrition	SPOR527 or SPSC502		N
SPOR630	Professional Practice II	Pre-req SPOR522 or LSKL500, SPOR523 Restriction SPOR608	N	N+S
SPOR631	Health and Physical Education: Curriculum in Action			N+S
SPOR632	Skill Acquisition		N+S	
SPOR633	Sport Entrepreneurship and Events			N+S
SPOR634	Marketing for Sport		N+S	
SPOR635	Sport Operations in Practice			N+S
SPOR636	Nutrition and Physical Activity Behaviour		N	
SPOR637	Blue Spaces: Connecting to Our Place			N
SPOR638	Innovative Practices in Outdoor Learning		N	
SPOR639	Youth Sport Development		N+S	
SPOR640	The Interdisciplinary Sport Practitioner			N+S
SPSC603	Exercise Prescription and Assessment	SPSC502 or SPSC503	N+S	
SPSC604	Applied Sports Biomechanics I	SPSC502 or SPSC503		N+S
SPSC605	Exercise Physiology II	SPSC502	N+S	
SPSC607	Performance Psychology			N+S
SPSC608	Sport Performance Analysis		C	N
SPSC609	Sports Insights and Visualisation		N+S	
SPOR641	Te Pūtake o te Waiora		N+S	
SPOR720	Sport, Exercise and Health Cooperative Education	SPOR630	N+S	N+S
SPOR721	Nutrition and Physical Activity Promotion			N
SPOR722	Health Education and Youth Wellbeing			N+S
SPOR723	Teaching and Learning Approaches in Sport, Health and Physical Education		N+S	
SPOR724	Leadership in Sport, Exercise and Health			N+S
SPOR725	Strategic Sport Management		N+S	
SPOR726	Outdoor Learning for a Changing World	SPOR637 or SPOR638		N
SPOR727	Community Coach Development	SPOR639		N+S
SPSC701	Athletic Conditioning	SPSC603		N
SPSC702	Applied Sports Biomechanics II	SPSC604	N	
SPSC703	Clinical Exercise Physiology	SPSC603, SPSC605		N
SPSC704	Applied Sport Performance Science		N	
SPOR713	15-Point Sport, Exercise and Health Special Topic*			
SPOR714	30-Point Sport, Exercise and Health Special Topic*			

Overview of Key Points

Your Study	• Courses are normally 15 points. Four 15-point courses per semester are the equivalent of full-time study • Each course requires around 10 hours of individual study per week in addition to its lectures/workshops • Attending your lectures/workshops and submitting all assessments are key to your success
Full-time Study	4 courses 60 points per semester or 8 courses 120 points per year <i>For StudyLink purposes, 0.8fte is considered full-time study (7 courses per year)</i>
Part-time Study	Students who want to study part-time can do so, but there are time limits for completion and specific rules to consider for student loans and allowances. There are limited evening classes, and you may want to attend a course advice session to discuss the part-time options available for you
Time Limits	The total time from first enrolment until the successful completion of all requirements must not normally exceed two years for the Grad Cert and three years for the Grad Dip
Grad Dip	120 points 8 courses including at least 75 points at Level 7 Focus Area: 75 points 5 courses including 45 points at Level 7. The overall 120 points must meet the GradDip requirements above. A focus area is specified on your transcript
Grad Cert	60 points 4 courses including at least 45 points at Level 7 Focus Area: 45 points 3 courses. The overall 60 points must meet the GradCert requirements above. A focus area is specified on your transcript
Enrolment	You can enrol prior to the semester commencing. In Weeks 1-2 you will need to contact us
Class occurrences	Every course has a code and an occurrence number, eg. SPOR522/ A101 , SPOR522/ M205 M: South Campus; A: North Campus A1, M1: Semester 1 occurrence; A2, M2: Semester 2 occurrence You can change occurrences via MyAUT until the end of Week 1 (subject to availability)
Pre-requisites & Co-requisites	A pre-requisite is a specific course that must be successfully completed <u>before</u> studying another course A co-requisite is a course that must either be studied <u>before or with</u> another course
Progression	It is important to reach out early if you are struggling with any of your courses, and there are lots of resources and services available to help you get back on track. We encourage you to contact our Course Advice team who can advise on your situation and refer you as appropriate. Student progression is monitored and students who fail more than half of their enrolment will be referred to support services. Students who do not pass a course on the second attempt, or who fail more than half of their enrolment for a second consecutive semester, will need to apply for approval to continue
Graduation	When you have completed all your requirements for your programme you will be eligible to graduate. Eligible students will be invited to attend an upcoming ceremony usually held in winter or summer. Your qualification will also be made available through My eQuals
Progression to Postgraduate Study	If you are taking one of these programmes as a pathway to postgraduate study, then you may need to complete the majority of your Level 7 courses from one specialisation and achieve a B grade on average or higher. Please seek course advice before enrolling