The Degree of Bachelor of Sport (BSport – 360 points)

These regulations must be read in conjunction with the General Regulations for the University.

1. Version

These Regulations will come into force on 1 January 2024.

2. Variations

In exceptional circumstances the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health or delegate may approve a personal programme of study which does not conform to these Regulations.

3. The structure of the qualification

To qualify for the Bachelor of Sport a student must:

(a) be credited with a minimum of 360 points towards the qualification; and
(b) be credited with a minimum of 135 points from Schedule C of these Regulations; and
(c) be credited with the points specified in Schedule S Group 1 of these Regulations to satisfy the requirements for a major, with includes completing SPCO320 in the area of the chosen major; and
(d) be credited overall with:
    i. a minimum of 225 points above 100-level; and
    ii. a minimum of 90 points at 300-level.

4. Admission to the qualification

A student must satisfy the Admission Regulations for the University to be admitted to this qualification and complete the appropriate checks as per the requirements of the Children's Act 2014.

5. Subjects

(a) A major consists of:
    i. a minimum of 120 points from a single subject area;
    ii. of these 120 points:
        a. at least 45 points must be at 200-level; and
        b. at least 45 points must be at 300-level;
(b) A minor consists of a minimum of:
    i. 75 points from a single subject area; and
    ii. at least 30 points at 200-level or above; and
    iii. at least 15 points at 300-level.
(c) The major subjects are listed in Schedule S Group 1 to these regulations and the minor subjects are listed in Schedule S Group 2 to these regulations or those minors provided for in the General Conditions for Credit Regulations.
(d) Any given course may contribute to only one major or minor.
(e) Students in BSport degrees may share a maximum of 15 points between the BSport core and a chosen major or minor.
(f) Students in non-BSport degrees may also minor in Sports Studies if allowed for in their degree regulations. To complete a minor in Sports Studies, students must complete at least 75 points, including:
    i. 30 points from Schedule C
    ii. 45 points at 200-level or above from Schedule V to these Regulations

6. Time limits

This qualification adheres to the General Regulations for the University with a time limit of 10 years.

7. Transfers of credit, substitutions and cross-credits

This qualification adheres to the Credit Recognition and Transfer Regulations, with no additional stipulations.

8. Progression

This qualification adheres to the General Regulations for the University, with no additional stipulations.

9. Honours, Distinction and Merit

Honours, Distinction and Merit are not awarded for this qualification.

10. Exit and Upgrade Pathways to other Qualifications

(a) There are no advancing qualifications for this degree.

(b) A student for the BSport who has not met the requirements for the degree but who has satisfied all requirements for the Certificate in Sport Coaching may apply to the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health or delegate to withdraw from the degree and be awarded the Certificate.

11. Disclosure of charges and convictions

A student in the Degree of Bachelor of Sport is required to inform the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health or delegate within three working days if they are charged or convicted of an offence while participating in the programme and of any other incidents or matters that may compromise their fitness to coach.

12. Completion of non-academic requirements

A student must hold a current First Aid certificate prior to, and for the duration of, undertaking coaching practicums 2 and 3.

Schedule C: Compulsory Courses for the Degree of Bachelor of Sport

For full course information, go to www.canterbury.ac.nz/courses

The following information outlines the compulsory core course requirements.

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO101	Introduction to Sport Coaching	15	S1	Distance Learning	
			S1	Campus	
SPCO104	Anatomy and Physiology	15	S2	Campus	R: TEPE102
			S2	Distance Learning	
SPCO105	Sport, History and Society	15	S1	Campus	R: TEPE204, TEPE105
			S1	Distance Learning	
SPCO110	Practicum 1	15	S1	Distance Learning	P: 1) Enrolment in BSpC degree, or 2) Approval of Programme Coordinator based on police vetting C: SPCO101 R: EDSP130
			S1	Campus	
SPRT108	Sport Business and Governance	15	S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO208	Sport and Culture in Aotearoa/New Zealand	15	S2	Distance Learning	P: Any 60 points at 100-level from any subject.
			S2	Campus	
SPRT203	Evidence in Sport	15	NO		P: 60 points at 100-level or above

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO308	Inclusive Practice in Teaching and Coaching	15	S1	Campus	P: Any 30 points at 200-level from SPCO. R: EDSP285
			S1	Distance Learning	
SPCO320	Internship	15	A	Campus	P: Successful completion of required 100-level and 200-level courses from the Sport Coaching schedule
			A	Distance Learning	
			W	Campus	
			W	Distance Learning	

Total: 135 points

Schedule S: Subject Courses for the Degree of Bachelor of Sport

Group 1: Major Requirements

Double majors

A double major can only be completed if one of the majors is the Marketing and Management or Te Ao Hākinakina.

Physical Activity and Wellbeing

100-level

Either:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO107	Sport Nutrition	15	S1	Campus	
			S2	Campus	
			S2	Distance Learning	

or

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO126	Land Journeys and Ethics	15	S1	Campus	R: TEPE112
			S2	Campus	

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
HLED122	Building Resilience	15	S2	Campus	
HLTH101	Introduction to Health Studies	15	S1	Campus	
			S1	Distance Learning	
YACL101	Introduction to Youth Leadership: Leading the Self	15	S1	Campus	
			S1	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	
SPRT229	Sport Psychology	15	NO		P: 60 points at 100-level in any subject R: SPCO103

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
HLED223	Physical activity and Nutrition	15	NO		P: HLED121 or HLED122 or HLTH101
HLTH201	Health Promotion	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 30 points at 100-level from HLTH or SPCO R: HLTH102
MAOR270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S1	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO, or any 60 points at 100-level from the Schedule V of the BA. RP: MAOR108 and/or HLTH106
YACL201	Social Leadership: Leading with Others	15	S2	Campus	P: YACL101; or 30 points at 100-level in YACL, CHCH, EDUC, POLS, SOCI or HSRV; or permission of the Head of School.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPRT322	Physical Activity and Wellbeing	15	NO		P: SPCO107 or SPCO209
SPRT323	Applied Sport and Exercise Psychology	15	NO		P: SPRT229 or SPCO103 R: SPCO223

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
GEOG325	Health, Wellbeing and Environment	15	S1	Campus	P: 30 points of Geography at 200-level; or 30 points from Science, Arts or Health Sciences. R: GEOG322
SPCO301	Sport Coaching and Leadership	15	S2	Campus	P: SPCO201
			S2	Distance Learning	
SPCO305	Sociology of Sport	15	S1	Campus	P: SPCO208
			S1	Distance Learning	
SPCO309	Applied Exercise Physiology	15	S2	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S2	Distance Learning	

Total: 120 points

Marketing and Management

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MGMT100	Fundamentals of Management	15	S1	Campus	R: MGMT101
			S2	Campus	
MKTG100	Principles of Marketing	15	S1	Campus	R: MGMT102 EQ: MGMT102
			S2	Campus	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO224	Sport Management	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	

Any 2 of the following courses:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MGMT206	Organisational Behaviour	15	S1	Campus	P: (1) MGMT100; and (2) A further 45 points R: MGMT201, MGMT216 EQ: MGMT216
MGMT207	Principles of Human Resource Management	15	S1	Campus	P: (1) MGMT100; and (2) A further 45 points
MKTG201	Marketing Management	15	S2	Campus	P: (1) MKTG 100; and (2) A further 45 points R: MGMT210 RP: MKTG202 EQ: MGMT210
MKTG204	Consumer Behaviour	15	S2	Campus	P: (1) MKTG100 or COMS104; and (2) A further 45 points. R: MGMT204 EQ: MGMT204
MKTG240	Tourism, Hospitality & Events Management	15	S1	Campus	P: MKTG100

or

Any other alternative approved L200 MGMT course

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO301	Sport Coaching and Leadership	15	S2	Campus	P: SPCO201
			S2	Distance Learning	

Any 2 300-level MGMT/MKTG courses

Total: 120 points

Performance Data Analysis

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPRT131	Introduction to Performance Data Analysis	15	S2	Campus	R: SPCO231
			S2	Distance Learning	

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
COSC101	Working in a Digital World	15	S1	Campus	R: COSC110, DIGI 101 EQ: DIGI101
COSC121	Introduction to Computer Programming	15	S1	Campus	R: COSC131
			S2	Campus	
DATA101	Introduction to Data Science	15	S2	Campus	P: 1. MATH101, or 2. NCEA 14 Credits at level 3 Mathematics, or 3. Cambridge: D at A level or an A at AS level in Mathematics, or 4. IB: 4 at HL or 5 at SL in Mathematics, or 5. Approval of the Head of School based on alternative prior learning. R: STAT101 and DIGI103
STAT101	Statistics 1	15	SU2	Campus	R: STAT111, STAT112, DIGI103 EQ: STAT111, STAT112, DIGI103
			S1	Campus	
			S2	Campus	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO204	Biomechanics	15	S1	Campus	P: SPCO104
			S1	Distance Learning	
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	
SPRT229	Sport Psychology	15	NO		P: 60 points at 100-level in any subject R: SPCO103

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO304	Applied Biomechanics	15	S2	Campus	P: SPCO204, or 30 points at 100-level MATH or PHYS and approval from Programme Coordinator.
			S2	Distance Learning	
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	

SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	

Total: 120 points

Sport Coaching and Physical Education

100-level

Two from:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
HLED121	Introduction to Health Education	15	S1	Campus	
SPCO107	Sport Nutrition	15	S1	Campus	
			S2	Campus	
			S2	Distance Learning	
SPCO126	Land Journeys and Ethics	15	S1	Campus	R: TEPE112
			S2	Campus	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO201	Learner-Centred Teaching and Coaching	15	S2	Campus	P: Any 60 points at 100-level from any subject.
			S2	Distance Learning	
SPCO204	Biomechanics	15	S1	Campus	P: SPCO104
			S1	Distance Learning	
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO302	Skill Acquisition in Sport	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	
SPCO305	Sociology of Sport	15	S1	Campus	P: SPCO208
			S1	Distance Learning	
SPCO336	Physical Education & Sport Curricula In Action	15	S2	Campus	P: SPCO208
			S2	Distance Learning	

Total: 120 points

Strength and Conditioning

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO107	Sport Nutrition	15	S1	Campus	
			S2	Campus	
			S2	Distance Learning	
SPRT109	Strength and Conditioning	15	S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	
SPCO221	Injury and Rehabilitation	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPRT211	Physical Preparation Coaching	15	NO		P: Any 60 points at 100-level from any subject or any 15 points at 100-level from SPRT or SPCO courses.

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO302	Skill Acquisition in Sport	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

Total: 120 points

Te Ao Hākinakina

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
TREO110	Te Ngao Tū: Conversational Māori for Absolute Beginners	15	SU2	Campus	R: MAOR105, MAOR110, MAOR111, MAOR112, MAOR115, MAOR124, MAOR125
			SU2	Distance Learning	

Any other 100-level TREO as recommended by Head of School

One from:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	S1	Campus	
			S1	Distance Learning	
MAOR107	Te Ara o Tawhaki: Māori Thought, Beliefs and Practices	15	S1	Campus	R: PACS102 EQ: PACS102
			S1	Distance Learning	
MAOR108	Te Patu a Maui : The Treaty of Waitangi - facing and overcoming colonisation	15	SU2	Distance Learning	R: CULT114, MAOR113 (prior to 2006) EQ: CULT114
SPCO126	Land Journeys and Ethics	15	S1	Campus	R: TEPE112
			S2	Campus	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MAOR219	Te Tiriti: The Treaty of Waitangi	15	S2	Campus	P: Any 15 points at 100-level from CULT, HIST, HSRV, MAOR, POLS, SOCI, SOWK, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: POLS218, POLS258, HIST268, SOCI209, HSRV207, CULT219 EQ: POLS218, POLS258, HIST268, SOCI209, HSRV207, CULT219
MAOR282	Kapa Haka - Introducing Māori Performing Arts	15	S2	Campus	P: Any 15 points at 100-level from MAOR or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: TREO282, MAOR265, MAOR382, TREO382, MUSA252 EQ: TREO282, MUSA252

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
HSRV201	Communication in the Human Services	15	S1	Campus	P: 15 points at 100-level in HSRV AND 15 points from either Schedule V to the BA, Schedule C to the BSW(Hons), Schedules C or E to the BCJ; OR 60 points from the BA, BSW(Hons) or BCJ. R: SOWK201 EQ: SOWK201
			S1	Distance Learning	
MAOR214	Te Ao Mārama: Māori Thought	15	SU1	Campus	P: Any 15 points at 100-level from HIST, MAOR, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: HIST259 EQ: HIST259
			SU1	Distance Learning	
MAOR270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S1	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO, or any 60 points at 100-level from the Schedule V of the BA. RP: MAOR108 and/or HLTH106

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MAOR317	Takahi: Colonisation	30	S1	Campus	P: Any 30 points at 200-level from CULT, HIST, MAOR, or TREO, or any 60 points at 200-level from the Schedule V of the BA. R: RELS322, HIST366, CULT302 EQ: CULT302, HIST366, RELS322
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	

Total: 120 points

Group 2: Minoring Requirements

Sport Management

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MGMT100	Fundamentals of Management	15	S1	Campus	R: MGMT101
			S2	Campus	
SPRT108	Sport Business and Governance	15	S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO224	Sport Management	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MGMT206	Organisational Behaviour	15	S1	Campus	P: (1) MGMT100; and (2) A further 45 points R: MGMT201, MGMT216 EQ: MGMT216
MGMT207	Principles of Human Resource Management	15	S1	Campus	P: (1) MGMT100; and (2) A further 45 points

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO301	Sport Coaching and Leadership	15	S2	Campus	P: SPCO201
			S2	Distance Learning	

Total: 75 points

Sport Coaching

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MGMT100	Fundamentals of Management	15	S1	Campus	R: MGMT101
			S2	Campus	

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPRT109	Strength and Conditioning	15	S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	
SPRT131	Introduction to Performance Data Analysis	15	S2	Campus	R: SPCO231
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO201	Learner-Centred Teaching and Coaching	15	S2	Campus	P: Any 60 points at 100-level from any subject.
			S2	Distance Learning	

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO204	Biomechanics	15	S1	Campus	P: SPCO104
			S1	Distance Learning	
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	
SPRT229	Sport Psychology	15	NO		P: 60 points at 100-level in any subject R: SPCO103

300-level

One of the following courses:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO301	Sport Coaching and Leadership	15	S2	Campus	P: SPCO201
			S2	Distance Learning	
SPCO302	Skill Acquisition in Sport	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	

Total: 75 points

Nutrition

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO104	Anatomy and Physiology	15	S2	Campus	R: TEPE102
			S2	Distance Learning	
SPCO107	Sport Nutrition	15	S1	Campus	
			S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
PSYC214	The Science and Practice of Wellbeing	15	S1	Campus	P: PSYC105 and PSYC106; or 60 points at 100-level from any subject.
			S1	Distance Learning	
SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

Total: 75 points

Performance Data Analysis

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO104	Anatomy and Physiology	15	S2	Campus	R: TEPE102
			S2	Distance Learning	
SPRT131	Introduction to Performance Data Analysis	15	S2	Campus	R: SPCO231
			S2	Distance Learning	

200-level

Two from:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO201	Learner-Centred Teaching and Coaching	15	S2	Campus	P: Any 60 points at 100-level from any subject.
			S2	Distance Learning	

SPCO204	Biomechanics	15	S1	Campus	P: SPCO104
			S1	Distance Learning	
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO304	Applied Biomechanics	15	S2	Campus	P: SPCO204, or 30 points at 100-level MATH or PHYS and approval from Programme Coordinator.
			S2	Distance Learning	

or

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	

Total: 75 points

Strength and Conditioning

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO107	Sport Nutrition	15	S1	Campus	
			S2	Campus	
			S2	Distance Learning	
SPRT109	Strength and Conditioning	15	S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO221	Injury and Rehabilitation	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPRT211	Physical Preparation Coaching	15	NO		P: Any 60 points at 100-level from any subject or any 15 points at 100-level from SPRT or SPCO courses.

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO302	Skill Acquisition in Sport	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	

or

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	

Total: 75 points

Physical Activity and Wellbeing

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO104	Anatomy and Physiology	15	S2	Campus	R: TEPE102
			S2	Distance Learning	
SPCO107	Sport Nutrition	15	S1	Campus	
			S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPRT229	Sport Psychology	15	NO		P: 60 points at 100-level in any subject R: SPCO103

One of:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
HLED223	Physical activity and Nutrition	15	NO		P: HLED121 or HLED122 or HLTH101
HLTH201	Health Promotion	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 30 points at 100-level from HLTH or SPCO R: HLTH102
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPRT322	Physical Activity and Wellbeing	15	NO		P: SPCO107 or SPCO209

Total: 75 points

Te Ao Hākinakina

100-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
TREO110	Te Ngao Tū: Conversational Māori for Absolute Beginners	15	SU2	Campus	R: MAOR105, MAOR110, MAOR111, MAOR112, MAOR115, MAOR124, MAOR125
			SU2	Distance Learning	

or

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO126	Land Journeys and Ethics	15	S1	Campus	R: TEPE112
			S2	Campus	

And one of the following:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	S1	Campus	
			S1	Distance Learning	
MAOR107	Te Ara o Tawhaki: Māori Thought, Beliefs and Practices	15	S1	Campus	R: PACS102 EQ: PACS102
			S1	Distance Learning	
MAOR108	Te Patu a Maui : The Treaty of Waitangi - facing and overcoming colonisation	15	SU2	Distance Learning	R: CULT114, MAOR113 (prior to 2006) EQ: CULT114
SPCO126	Land Journeys and Ethics	15	S1	Campus	R: TEPE112
			S2	Campus	

200-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MAOR219	Te Tiriti: The Treaty of Waitangi	15	S2	Campus	P: Any 15 points at 100-level from CULT, HIST, HSRV, MAOR, POLS, SOCI, SOWK, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: POLS218, POLS258, HIST268, SOCI209, HSRV207, CULT219 EQ: POLS218, POLS258, HIST268, SOCI209, HSRV207, CULT219

And one of the following:

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
MAOR282	Kapa Haka - Introducing Māori Performing Arts	15	S2	Campus	P: Any 15 points at 100-level from MAOR or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: TREO282, MAOR265, MAOR382, TREO382, MUSA252 EQ: TREO282, MUSA252
SPCO208	Sport and Culture in Aotearoa/New Zealand	15	S2	Distance Learning	P: Any 60 points at 100-level from any subject.
			S2	Campus	
SPRT203	Evidence in Sport	15	NO		P: 60 points at 100-level or above

300-level

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	

Total: 75 points

Schedule V: Valid Courses for the Degree of Bachelor of Sport

Course Code	Course Title	Pts	2024	Location	P/C/R/RP/EQ
COSC101	Working in a Digital World	15	S1	Campus	R: COSC110, DIGI 101 EQ: DIGI101
COSC121	Introduction to Computer Programming	15	S1	Campus	R: COSC131
			S2	Campus	
DATA101	Introduction to Data Science	15	S2	Campus	P: 1. MATH101, or 2. NCEA 14 Credits at level 3 Mathematics, or 3. Cambridge: D at A level or an A at AS level in Mathematics, or 4. IB: 4 at HL or 5 at SL in Mathematics, or 5. Approval of the Head of School based on alternative prior learning. R: STAT101 and DIGI103
GEOG325	Health, Wellbeing and Environment	15	S1	Campus	P: 30 points of Geography at 200-level; or 30 points from Science, Arts or Health Sciences. R: GEOG322
HLED121	Introduction to Health Education	15	S1	Campus	
HLED122	Building Resilience	15	S2	Campus	
HLED223	Physical activity and Nutrition	15	NO		P: HLED121 or HLED122 or HLTH101
HLTH101	Introduction to Health Studies	15	S1	Campus	
			S1	Distance Learning	
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	S1	Campus	
			S1	Distance Learning	
HLTH201	Health Promotion	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 30 points at 100-level from HLTH or SPCO R: HLTH102
HSRV201	Communication in the Human Services	15	S1	Campus	P: 15 points at 100-level in HSRV AND 15 points from either Schedule V to the BA, Schedule C to the BSW(Hons), Schedules C or E to the BCJ; OR 60 points from the BA, BSW(Hons) or BCJ. R: SOWK201 EQ: SOWK201
			S1	Distance Learning	
MAOR107	Te Ara o Tawhaki: Māori Thought, Beliefs and Practices	15	S1	Campus	R: PACS102 EQ: PACS102
			S1	Distance Learning	
MAOR108	Te Patu a Maui : The Treaty of Waitangi - facing and overcoming colonisation	15	SU2	Distance Learning	R: CULT114, MAOR113 (prior to 2006) EQ: CULT114

MAOR214	Te Ao Mārama: Māori Thought	15	SU1	Campus	P: Any 15 points at 100-level from HIST, MAOR, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: HIST259 EQ: HIST259
			SU1	Distance Learning	
MAOR219	Te Tiriti: The Treaty of Waitangi	15	S2	Campus	P: Any 15 points at 100-level from CULT, HIST, HSRV, MAOR, POLS, SOCI, SOWK, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: POLS218, POLS258, HIST268, SOCI209, HSRV207, CULT219 EQ: POLS218, POLS258, HIST268, SOCI209, HSRV207, CULT219
MAOR270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S1	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO, or any 60 points at 100-level from the Schedule V of the BA. RP: MAOR108 and/or HLTH106
MAOR282	Kapa Haka - Introducing Māori Performing Arts	15	S2	Campus	P: Any 15 points at 100-level from MAOR or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: TREO282, MAOR265, MAOR382, TREO382, MUSA252 EQ: TREO282, MUSA252
MAOR317	Takahi: Colonisation	30	S1	Campus	P: Any 30 points at 200-level from CULT, HIST, MAOR, or TREO, or any 60 points at 200-level from the Schedule V of the BA. R: RELS322, HIST366, CULT302 EQ: CULT302, HIST366, RELS322
MGMT100	Fundamentals of Management	15	S1	Campus	R: MGMT101
			S2	Campus	
MGMT206	Organisational Behaviour	15	S1	Campus	P: (1) MGMT100; and (2) A further 45 points R: MGMT201, MGMT216 EQ: MGMT216
MGMT207	Principles of Human Resource Management	15	S1	Campus	P: (1) MGMT100; and (2) A further 45 points
MGMT208	Principles of Leadership	15	NO		P: (1) MGMT100; and (2) A further 45 points
MKTG100	Principles of Marketing	15	S1	Campus	R: MGMT102 EQ: MGMT102
			S2	Campus	
MKTG201	Marketing Management	15	S2	Campus	P: (1) MKTG 100; and (2) A further 45 points R: MGMT210 RP: MKTG202 EQ: MGMT210
MKTG204	Consumer Behaviour	15	S2	Campus	P: (1) MKTG100 or COMS104; and (2) A further 45 points. R: MGMT204 EQ: MGMT204
MKTG240	Tourism, Hospitality & Events Management	15	S1	Campus	P: MKTG100
PSYC214	The Science and Practice of Wellbeing	15	S1	Campus	P: PSYC105 and PSYC106; or 60 points at 100-level from any subject.
			S1	Distance Learning	
SPCO101	Introduction to Sport Coaching	15	S1	Distance Learning	
			S1	Campus	

SPCO104	Anatomy and Physiology	15	S2	Campus	R: TEPE102
			S2	Distance Learning	
SPCO105	Sport, History and Society	15	S1	Campus	R: TEPE204, TEPE105
			S1	Distance Learning	
SPCO107	Sport Nutrition	15	S1	Campus	
			S2	Campus	
			S2	Distance Learning	
SPCO110	Practicum 1	15	S1	Distance Learning	P: 1) Enrolment in BSpC degree, or 2) Approval of Programme Coordinator based on police vetting C: SPCO101 R: EDSP130
			S1	Campus	
SPCO126	Land Journeys and Ethics	15	S1	Campus	R: TEPE112
			S2	Campus	
SPCO201	Learner-Centred Teaching and Coaching	15	S2	Campus	P: Any 60 points at 100-level from any subject.
			S2	Distance Learning	
SPCO204	Biomechanics	15	S1	Campus	P: SPCO104
			S1	Distance Learning	
SPCO208	Sport and Culture in Aotearoa/New Zealand	15	S2	Distance Learning	P: Any 60 points at 100-level from any subject.
			S2	Campus	
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	
SPCO210	Practicum 2	15	W	Campus	P: SPCO110 and approval based on police vetting. R: EDSP230
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	
SPCO221	Injury and Rehabilitation	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO224	Sport Management	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	
SPCO226	Rock Climbing Contexts and Techniques	15	NO		P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO. R: TEPE110
SPCO241	Introduction to Strength and Conditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level in SPCO.
			S1	Distance Learning	

SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO301	Sport Coaching and Leadership	15	S2	Campus	P: SPCO201
			S2	Distance Learning	
SPCO302	Skill Acquisition in Sport	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	
SPCO304	Applied Biomechanics	15	S2	Campus	P: SPCO204, or 30 points at 100-level MATH or PHYS and approval from Programme Coordinator.
			S2	Distance Learning	
SPCO305	Sociology of Sport	15	S1	Campus	P: SPCO208
			S1	Distance Learning	
SPCO308	Inclusive Practice in Teaching and Coaching	15	S1	Campus	P: Any 30 points at 200-level from SPCO. R: EDSP285
			S1	Distance Learning	
SPCO309	Applied Exercise Physiology	15	S2	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S2	Distance Learning	
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	
SPCO320	Internship	15	A	Campus	P: Successful completion of required 100-level and 200-level courses from the Sport Coaching schedule
			A	Distance Learning	
			W	Campus	
			W	Distance Learning	
SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	
SPCO332	Applied Performance Analysis	15	S2	Campus	P: SPCO231
			S2	Distance Learning	
SPCO336	Physical Education & Sport Curricula In Action	15	S2	Campus	P: SPCO208
			S2	Distance Learning	
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

SPRT108	Sport Business and Governance	15	S2	Campus	
			S2	Distance Learning	
SPRT109	Strength and Conditioning	15	S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	
SPRT131	Introduction to Performance Data Analysis	15	S2	Campus	R: SPCO231
			S2	Distance Learning	
SPRT203	Evidence in Sport	15	NO		P: 60 points at 100-level or above
SPRT211	Physical Preparation Coaching	15	NO		P: Any 60 points at 100-level from any subject or any 15 points at 100-level from SPRT or SPCO courses.
SPRT229	Sport Psychology	15	NO		P: 60 points at 100-level in any subject R: SPCO103
SPRT322	Physical Activity and Wellbeing	15	NO		P: SPCO107 or SPCO209
SPRT323	Applied Sport and Exercise Psychology	15	NO		P: SPRT229 or SPCO103 R: SPCO223
STAT101	Statistics 1	15	SU2	Campus	R: STAT111, STAT112, DIGI103 EQ: STAT111, STAT112, DIGI103
			S1	Campus	
			S2	Campus	
TREO110	Te Ngao Tū: Conversational Māori for Absolute Beginners	15	SU2	Campus	R: MAOR105, MAOR110, MAOR111, MAOR112, MAOR115, MAOR124, MAOR125
			SU2	Distance Learning	
YACL101	Introduction to Youth Leadership: Leading the Self	15	S1	Campus	
			S1	Distance Learning	
YACL201	Social Leadership: Leading with Others	15	S2	Campus	P: YACL101; or 30 points at 100-level in YACL, CHCH, EDUC, POLS, SOCI or HSRV; or permission of the Head of School.
			S2	Distance Learning	