

# Bachelor of Sport Coaching 2021

# Sport.



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publication but is subject to change. The  
University's official regulations and policies are  
available online at  
[www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)

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# Bachelor of Sport Coaching (BSpC)

The Bachelor of Sport Coaching is a nationally and internationally recognised three-year full-time qualification that equips students with the key skills employers are looking for, not just in sport and related fields but in everything from business to corporate management. Sport coaching graduates are motivated and passionate leaders who inspire others and are committed to success. Key career skills through a love of sport – Clever!

Majors and Minor subject options include: Adventure Sport and Environment, Sports Leadership and Management, Performance Analysis, Physical Education, Sport Science, and Strength and Conditioning with Nutrition. All students complete a set of compulsory courses as well as courses specific to their chosen major and are able to select a range of optional courses to suit their interests.

The qualification is a unique blend of practical application and theory which immerses students in the sociological, pedagogical and scientific aspects of sport and sport coaching. Theory and practice are linked through supervised coaching practicums and the 120 hour internship (work placement). This internship is organised by the student according to their interests and areas of specialisation.

Many courses in the BSpC are offered both online and as an on-campus option depending on the needs, interests and circumstances of the student. Students may enrol full-time or part-time.

## Career Paths for Graduates

The BSpC provides students with opportunities in many areas of sport and many transferable skills such as communication, teamwork, leadership and organisational skills which are valued in professional workplaces.



In a sporting context, our graduates have taken on roles such as: national and regional sports directors, sport development officers and managers, community sport advisors, green prescription advisors, personal trainers, exercise scientists, nutritionists and sport facility managers.

Other graduates have used their training experience from the BSpC to enter careers worldwide in diverse areas such as: police, sales, hospitality, logistics, retail management, teaching and banking.

Graduates can seek postgraduate opportunities in sport-related areas of study, and are also eligible to apply for a fourth year of study in order to teach in primary schools or to teach Physical Education in secondary schools. Under the current regulations, BSpC students applying for the GradDipTchLn (Secondary) may qualify to take an additional teaching subject in Science, Social Studies, Outdoor and Environmental Education or Health.

For those interested in secondary teaching, it is recommended students strengthen the additional teaching subject by taking optional courses in their subject area. Contact a student advisor for further advice (page 12).

# Entry Requirements and Applications

To be considered for this programme, applicants need the following:

## Academic Entry

Students must have gained or intend to gain University Entrance before the programme start date. For further information see Admissions and Entry: [www.canterbury.ac.nz/enrol/eligibility/](http://www.canterbury.ac.nz/enrol/eligibility/)

## Expectation/Recommended Preparation

- Experience in dealing with young people is recommended.
- Good academic skills, which are as important as sporting interests; PE and Biology to Year 13 are recommended.
- English or a good communication background such as public speaking is also useful.
- Commitment to te reo and tikanga Māori (Māori language and protocols).
- Students will require continual access to a computer with broadband internet to complete this programme. Students will also need to be conversant with email, internet and Microsoft Word.

## Enrolment

Students are encouraged to apply to enrol online via myUC: <https://myUC.canterbury.ac.nz>  
Full admissions and enrolment information can be found at [www.canterbury.ac.nz/enrol/](http://www.canterbury.ac.nz/enrol/)

## Contact Centre

Telephone: +64 3 364 3443 (overseas)  
or Freephone in NZ: 0800 VARSITY (0800 827 748)  
[enrol@canterbury.ac.nz](mailto:enrol@canterbury.ac.nz)

## Future Students webpage

[www.canterbury.ac.nz/education/](http://www.canterbury.ac.nz/education/)

## International Students

UC welcomes International students to this programme. Further information about fees, entry requirements and applying to study at UC is available at:  
[www.canterbury.ac.nz/international](http://www.canterbury.ac.nz/international)

## Key dates

Orientation	
Y1 Students (orientation)	Fri 19 Feb
Y2 and Y3 Orientation	Fri 19 Feb

For further information see:  
[www.canterbury.ac.nz/education/student-advice-and-forms/timetables/](http://www.canterbury.ac.nz/education/student-advice-and-forms/timetables/)

Academic year	
Official start date	Mon 22 Feb
<b>Semester 1</b>	<b>22 Feb – 1 Apr</b>
Mid semester break	2 – 26 Apr
Easter Holiday	Fri 2 April – Tues 6 Apr
ANZAC Day	Sun 25 April Observed date: Mon 26 April
<b>Semester 1 resumes</b>	<b>27 Apr – 4 June</b>
Queens Birthday	Mon 7 June
Mid year break	28 June – 16 July
<b>Semester 2</b>	<b>19 July – 27 Aug</b>
Mid semester break	30 Aug – 10 Sept
<b>Semester 2 resumes</b>	<b>13 Sep – 22 Oct</b>
Labour Day	Mon 25 Oct
Programme ends	Thurs 13 Nov

For more info see  
[www.canterbury.ac.nz/study/keydates/](http://www.canterbury.ac.nz/study/keydates/)

## Duration

Three years full-time or up to 6 years part-time.

## Location

Christchurch domestic and international students on campus or FLO (distance) study.

## Flexible Learning Option (FLO)

Students who study by FLO (distance study), should be aware good time management skills are essential.

Students will be supported through online resources, discussion forums, recorded lectures, power point presentations, video tutorials and other electronic media.

## Study Requirements

On campus classes are scheduled between the hours of 8am and 7pm, Monday through Friday and are recorded for FLO students. Classes will not be scheduled all day, every day, but will normally run between these times.

Consider full-time study the equivalent a full-time job; commitment of about 40 hours a week, including classes for on-campus students. This may vary with some weeks requiring more, depending on assignment due dates.

Consider part-time study a commitment of about 20 hours a week.

The majority of the courses are one Semester long (half a year). Students should be aware the timetable will differ for semester two courses.

Lecturers will use email and the University's intranet website (Learn) to contact students, provide resources and host forums for discussion. There may also be online tasks to complete. It is essential that students regularly check their student email and Learn  
<https://learn.canterbury.ac.nz>

## Programme Structure

The BSPC requires courses to a total of 360 points, grouped into three main strands:

- coaching and learning
- science and performance
- society and culture

All students complete a set of compulsory courses. Students choose from one of five major areas. Each major has a specific set of compulsory courses.

- Sports Leadership and Management
- Performance Analysis
- Physical Education
- Sport Science
- Strength and Conditioning with Nutrition.

Students will also select up to seven optional courses from any UC offerings, also they can choose to do one of five minors (Adventure Sport and Environment, Performance Analysis, Sport Science, Strength and Conditioning, and Nutrition).

The first year of the degree provides foundation study in sport science and socio-cultural courses and an introduction to coaching practice.

The second year features a greater focus on the student's chosen major courses, while continuing to develop skills in sport science, sociocultural knowledge and coaching techniques.

Throughout the degree, students will select extra courses either from the BSpC options, or any other UC course for which they meet the prerequisites.

The final year includes both a practicum and an internship, and further specialisation within the chosen major.

## Practicums

Practicums are coaching placements with sports teams, providing a supportive context for students to trial and refine their planning, coaching and management skills.

In the first year, practicum students work in pairs coaching and managing teams at local primary schools where they are supported by experienced teachers and UC staff.

Depending on the major chosen students may also complete a second year practicum, coaching junior sports teams or squads of individuals in school or club settings. Year 2 coaches may work in pairs or alone.

Third year students work individually and are encouraged to seek senior and/or elite teams to coach (students can also apply to do this practicum with a school).

## Double Degrees

The Bachelor of Sport Coaching can be studied alongside a second degree with up to 120 points shared between the two degrees. The most popular combinations are combining an LLB, BA or BCom with the BSpC.

## Double Majors

Students are able to graduate with a double major in Sport Coaching provided they meet the compulsory requirements for both majors. For any double major combination, SPCO 320 Internship must be in one or more of the major areas. Alternatively, some students may wish to pursue a major and minor combination.

## Minors

In addition to specific Sport Coaching minors, students in the Bachelor of Sport Coaching can choose to do a minor from subject options in the Bachelor of Arts, Bachelor of Commerce, and Bachelor of Science.

## Internship

The final year internship provides a structured educational experience for students in the workplace environment of a professional sporting organisation. The internship is a minimum 120 hour workplace placement which fosters and promotes professional competence and work skills that will enable students to adapt quickly and successfully to the workplace setting upon graduation. This will be at any location, nationally or internationally, which has a sport related focus of the student's own interest.

## Other BSpC Requirements

Students are required to hold a current first aid certificate prior to starting year two and year three coaching practicums. Students are also required to attend a compulsory marae experience as part of the Year 2 course SPCO208 Sport and Culture in New Zealand.

## Fees, Scholarships and Studylink

Fees for domestic students for one year of full-time study are approximately \$6,000. An additional student levy and administration fee applies. For more info see: [www.canterbury.ac.nz/get-started/fees/domestic-undergrad-fees/](http://www.canterbury.ac.nz/get-started/fees/domestic-undergrad-fees/). Students will also need to budget for resources, accommodation and travel to practicums and internships.

Students may also wish to visit the scholarships website: [www.canterbury.ac.nz/get-started/scholarships/](http://www.canterbury.ac.nz/get-started/scholarships/)

If students intend to seek financial support from Studylink, it is recommended that they apply as soon as they have a UC ID number, to ensure loan applications are fully processed in time for the start of the academic year. Fees must be paid in order to access all UC services.



**‘I want to become a high-performance strength and conditioning coach with an industry-specific business. The opportunities this degree gives are invaluable. Thanks to the partnership with UC, the Crusaders Academy came and talked to us about the internship opportunity.’**

**Blake West**  
(Ngāi Tahu)

Bachelor of Sport Coaching with an endorsement in Strength and Conditioning  
Strength and Condition Coach, Canterbury Rugby Football Union  
Founder and Personal Trainer, Iconic Fitness

# Bachelor of Sport Coaching Courses

## Programme Structure

Each year of study, students complete a set of core courses, compulsory majors courses and optional courses. Full-time students complete 120 points per year over three years of study. *Details of each course may be found at [www.canterbury.ac.nz/courses](http://www.canterbury.ac.nz/courses)*

### Core courses taken by students in all majors

Semester	Course Code	Course title	Points
<b>100-level</b>			
S1	SPCO101	<b>Introduction to Sport Coaching</b> Equips students with the necessary coaching and pedagogical skills to enable them to successfully plan and implement sport coaching sessions.	15
S2	SPCO102	<b>Theoretical Foundations of Teaching and Coaching</b> This course introduces students to the philosophical assumptions, learning theory and theories of communication that underpin coaching practice. Understanding the philosophical assumptions, theories of human learning and of communication that coaching sits upon provides important foundational knowledge that coaches can draw upon to make important decisions about coaching at any level. The course includes participating in practical sessions across a range of sports that students will reflect upon and draw upon relevant literature to develop into well informed, inquisitive and reflective coaches.	15
S2	SPCO104	<b>Anatomy and Physiology</b> Provides students with a foundational understanding of human anatomy and physiology.	15
S1	SPCO105	<b>Social History of Sport and Physical Education</b> Provides students with an introduction to the history and philosophy of physical activity and modern sport.	15
W	SPCO110	<b>Practicum 1</b> The application of sport coaching theory to practice. Students will apply and evaluate aspects of coaching pedagogy and exercise science during coaching sessions with a primary school team, through a season of practices and interschool games.	15
<b>200-level</b>			
S2	SPCO201 (or SPCO302)	<b>Learner-Centred Teaching and Coaching</b> This course engages students with cutting edge research in the development of exciting and effective innovations in coaching that are athlete-centred, inquiry-based and growing in popularity across the globe. Students will gain a working knowledge of the philosophical assumptions, contemporary learning theory and pedagogical developments underpinning this coaching approach. Theory and practice is linked in the learning process by having students critically reflect upon their own experiences as coaches and learners, engage in dialogue as active learners and reading the relevant literature.	15
S2	SPCO208	<b>Sport and Culture in New Zealand</b> Prospective coaches of sport in New Zealand need to understand bicultural and multicultural sporting perspectives and have a sound social theory knowledge base to develop critical thinking and reflection skills about sport and their own coaching practices. This course will explore the nature of the sport and sport coaching through social theory lenses and develop understandings of how this can be applied to students own coaching practice.	15
S1	SPCO209	<b>Exercise Physiology</b> Practical laboratory sessions and seminars help link key concepts of exercise physiology to practice. Undertake fitness assessments and understand the anaerobic and aerobic energy systems, as well as acute and chronic responses to exercise.	15
<b>300-level</b>			
S1	SPCO302 (or SPCO201)	<b>Athlete-Centred Coaching for Individual Sports</b> Research led but grounded in practice, this course engages students with some of the most recent and cutting edge developments in sport coaching that have sought to apply the wide range of benefits evident in athlete-centred approaches to coaching team sports to individual sports and coaching other physical activities. It engages students with approaches to applying the holistic and humanistic pedagogical principles of athlete centred coaching in team games such as Game Sense to individual, technique-intensive sports such as swimming and athletics. Specifically, it draws on the concept of Positive Pedagogy informed by the pedagogical features of Game Sense adapted to individual sports, Positive Psychology and the work on positive approaches to promoting health and well-being. It engages students with the most recent developments in this field while providing experience through practical sessions as learners and coaches with assessment structured around reflections on this experience informed by the literature.	15
Anytime start	SPCO320	<b>Internship</b> This course brings together knowledge gained throughout the Sport Coaching programme, providing students with experience in a professional sport-related workplace of their choice, with a view to future employment or further study. The internship provides students with an opportunity to gain an understanding of management structures and practices with a professional sporting organisation, while specialising in the area of their chosen endorsement. Students will work towards a substantial project in an authentic setting. Students will develop critical reflection skills and technical and interpersonal skills required to work successfully in a professional workplace.	15

## Optional Courses\* (not all courses may be offered in any one year)

Semester	Course Code	Course title	Points
<b>100-level</b>			
S2	SPCO103	<b>Sport Psychology</b> This course will provide an introduction to basic sport psychology theories and techniques used for maximising performance and satisfaction in sport and physical activity. It will allow students to apply appropriate sport psychology techniques and examine the implications of these for sport coaches and the sporting environment.	15
<b>200-level</b>			
S1	SPCO223	<b>Applied Sport Psychology</b> Examines the theory, philosophy and practice of psychological skills training in sport.	15
S1	SPCO224	<b>Sport Management</b> Applies the principles of management to sport organisations and settings in New Zealand. It includes the pragmatic and technical skills needed for coaches in the effective management of people, club and sporting events.	15
S1	SPCO222	<b>Analysis of Expeditioning</b> Will extend each student's knowledge and understanding of coaching water based activities through involvement with canoe sport. Students will develop practical canoe and expeditioning skills which will form the basis for a safe descent of a South Island river during a 3–5 day expedition.	15

\*Students in a particular major may also fill their options with courses from other majors or from any other UC courses of the appropriate level.

## Sports Leadership and Management Major

Semester	Course Code	Course title	Points
<b>100-level</b>			
S1 or S2	MGMT100	<b>Fundamentals of Management.</b> An introduction to the fundamental principles of management related to the functional areas of planning, organising, leading and controlling, as well as an introduction to how organisations are linked to the New Zealand and global business environment.	15
<b>200-level</b>			
S2	SPCO207	<b>Ethics in Sport.</b> In achieving a dominant position, sport has become institutionalised and its meaning, significance and moral and ethical influence has a profound and powerful affect on society. This course introduces students to philosophical, moral and ethical foundations of sport.	15
S1	SPCO224 (or MGMT208 or MGMT206)	<b>Sport Management.</b> Sport Management in New Zealand is experiencing a noted increase in professional organisational management approaches as well as maintaining a strong volunteer base at grass-roots level. Effective sport managers need to have a varying set of skills and be aware of best practices for the effective management.	15
W or A	SPCO210	<b>Practicum 2.</b> This course provides further application of sport coaching theory to practice. Students will plan, implement and evaluate aspects of coaching pedagogy, sociology and sport science while coaching their selected sport. This occurs during coaching sessions with an Under 15 team, throughout a season of practices and interschool or club games/events.	15
<b>300-level</b>			
S1	SPCO305	<b>Sociology of Sport.</b> This course will provide students with the opportunity to examine the socio-cultural context of sport through a range of theoretical sociology perspectives and apply this knowledge to a variety of coach education contexts.	15
S2	SPCO301	<b>Sport Coaching and Leadership.</b> This course critically examines and applies sport coaching pedagogy in a range of sporting contexts. Importantly, this course looks at the interrelatedness of leadership, power and culture and the effects these factors may have on a positive team and organisational environment.	15
S1	SPCO308	<b>Inclusive Practice in Teaching and Coaching.</b> This course examines sociological and pedagogical theories and practices related to sport for athletes with disabilities. Historical and contemporary perspectives will be critiqued and students will gain an understanding of the implications of these perspectives for sporting environments.	15
W or A	SPCO310	<b>Practicum 3.</b> This course provides a final application of sport coaching theory to practice. Students will plan, implement and critically evaluate aspects of coaching pedagogy, sociology and sport science while coaching their selected sport.	15

## Bachelor of Sport Coaching majoring in Sports Leadership and Management – example degree structure

### Year 1

SPCO 101	SPCO 102	SPCO 104	SPCO 105	SPCO 110	MGMT 100	100 Level or above	100 Level or above
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### Year 2

SPCO 201 or 302	SPCO 208	SPCO 209	SPCO 207	SPCO 210	SPCO 224 or MGMT 206 or MGMT 208	200 Level or above	100 Level or above
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### Year 3

SPCO 320	SPCO 301	SPCO 305	SPCO 308	SPCO 310	200 Level or above <sup>2</sup>	200 Level or above	200 Level or above
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■ Core courses   ■ Courses required for major<sup>1</sup>   ■ Optional courses

<sup>1</sup> You must ensure that you complete the required courses for one major.

<sup>2</sup> At least 90 points must be at 300-level.

Each small block represents a 15-point course. However, some courses may be 30 points or more.

This diagram is an example only – other combinations are possible. For specific course requirements, go to [www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)

## Performance Analysis Major

Semester	Course Code	Course title	Points
<b>100-level</b>			
S2	SPCO103 (or STAT101 or HLTH110)	<b>Sport Psychology 1.</b> This course will provide an introduction to basic sport psychology theories and techniques used for maximising performance and satisfaction in sport and physical activity. It will allow students to apply appropriate sport psychology techniques and examine the implications of these for sport coaches and the sporting environment.	15
<b>200-level</b>			
S2	SPCO231	<b>Introduction to Performance Analysis.</b> This course provides students with an understanding and appreciation of the development and position of performance analysis in sport. Practical skills using modern performance analysis techniques will be developed. Students will be required to track and analyse the performance of an athlete within a team sport through the duration of the course.	15
S1	SPCO204	<b>Biomechanics.</b> Gain knowledge of the mechanical principles governing movement, with application to a range of sporting and other movement contexts. The course will explore biomechanical concepts through both tutorial-based and practical activities, equipping students to analyse and assess movement from both qualitative and quantitative viewpoints.	15
W or A	SPCO210	<b>Practicum 2.</b> This course provides further application of sport coaching theory to practice. Students will plan, implement and evaluate aspects of coaching pedagogy, sociology and sport science while coaching their selected sport. This occurs during coaching sessions with an Under 15 team, throughout a season of practices and interschool or club games/events.	15
<b>300-level</b>			
S1	SPCO331	<b>Performance Analysis 2: Tools and Techniques.</b> This course equips students to analyse skilled performance in both a team and individual setting using a range of software, equipment and methodologies. Successful students will be able to analyse technique, tactical, movements and decision making abilities.	15
S2	SPCO304	<b>Applied Biomechanics.</b> This course provides a framework in which to analyse movement through an understanding of Cartesian vector analysis, analytical methods and tools for the analysis of movement. Students will be equipped to make quantitative measurements and apply the principles of biomechanics to measuring performance.	15
S2	SPCO332	<b>Applied Performance Analysis.</b> This course further develops the practical and theoretical skills of performance analysis learned in previous related courses. Students will learn about psychological and physiological aspects of performance analysis. Modelling of performance and performance forecasting techniques will be introduced and critically analysed.	15
W or A	SPCO310	<b>Practicum 3.</b> This course provides a final application of sport coaching theory to practice. Students will plan, implement and critically evaluate aspects of coaching pedagogy, sociology and sport science while coaching their selected sport.	15

### Bachelor of Sport Coaching majoring in Performance Analysis – example degree structure

#### Year 1

SPCO 101	SPCO 102	SPCO 104	SPCO 105	SPCO 110	SPCO 103 or STAT 101 or HLTH 110	100 Level or above	100 Level or above
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#### Year 2

SPCO 201 or SPCO 302	SPCO 208	SPCO 209	SPCO 204	SPCO 210	SPCO 231	200 Level or above	100 Level or above
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#### Year 3

SPCO 320	SPCO 304	SPCO 310	SPCO 331	SPCO 332	200 Level or above <sup>2</sup>	200 Level or above	200 Level or above
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Core courses
  Courses required for major<sup>1</sup>
 Optional courses

<sup>1</sup> You must ensure that you complete the required courses for one major.

<sup>2</sup> At least 90 points must be at 300-level.

Each small block represents a 15-point course. However, some courses may be 30 points or more.

This diagram is an example only – other combinations are possible. For specific course requirements, go to [www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)

## Strength & Conditioning with Nutrition Major

Semester	Course Code	Course title	Points
<b>100-level</b>			
S1	SPCO107	<b>Sport Nutrition.</b> This course provides an understanding of nutritional principles for healthy living and maintaining and improving sporting performance. The course will identify recommended nutritional practices for various populations including athletes, recreational exercisers, and groups with specific nutritional needs.	15
<b>200-level</b>			
S2	SPCO221	<b>Injury and Rehabilitation Prescription.</b> This course will provide students with an understanding of prevention, treatment, management and rehabilitation of acute and chronic sports injuries, essential for sports coaches. The injury risk to special population groups such as children, adolescents, and female athletes will be highlighted.	15
S1	SPCO241	<b>Introduction to Strength and Conditioning.</b> This course provides students with an understanding and appreciation of the position of strength and conditioning coaches in both occupational and sporting environments. Practical skills using modern strength and conditioning techniques and technologies will be developed.	15
S2	SPCO242	<b>Nutrition and Exercise Prescription.</b> This course provides students with a multidisciplinary perspective and appreciation of contemporary issues in weight management. Applied weight management strategies and techniques fundamental to strength and conditioning will be developed.	15
<b>300-level</b>			
S1	SPCO309	<b>Applied Exercise Physiology.</b> This course provides students with a comprehensive examination of the interaction between the body's energy systems and its response to training. Students learn to critically analyse current trends in nutritional support and training strategies. Students are required to assess, train and analyse the performance of a small group of athletes through the duration of the course.	15
S2	SPCO341	<b>Strength and Conditioning for Sports Performance.</b> This course provides students with an introduction to the software and technologies used by high performance sports teams. Students will gain experience implementing innovative training methodologies, and learn to organise and concisely report large sets of training and testing data.	15
S1	SPCO343	<b>Performance Nutrition and Recovery Monitoring.</b> This course challenges students to critically assess various contemporary nutritional and recovery techniques and delve into the research to determine their effectiveness. Students will look at the multidisciplinary relationship between the sports nutritionist and the strength and conditioning coach.	15
Anytime start	SPCO310	<b>Practicum 3.</b> This course provides a final application of sport coaching theory to practice. Students will plan, implement and critically evaluate aspects of coaching pedagogy, sociology and sport science while coaching their selected sport.	15

### Bachelor of Sport Coaching majoring in Strength and Conditioning with Nutrition – example degree structure

#### Year 1

SPCO 101	SPCO 102	SPCO 104	SPCO 105	SPCO 110	SPCO 107	100 Level or above	100 Level or above
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#### Year 2

SPCO 201 or SPCO 302	SPCO 208	SPCO 209	SPCO 221	SPCO 241	SPCO 242	200 Level or above	100 Level or above
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#### Year 3

SPCO 320	SPCO 309	SPCO 310	SPCO 341	SPCO 343	200 Level or above <sup>2</sup>	200 Level or above	200 Level or above
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Core courses
  Courses required for major<sup>1</sup>
 Optional courses

<sup>1</sup> You must ensure that you complete the required courses for at least one major.

<sup>2</sup> At least 90 points must be at 300-level.

Each small block represents a 15-point course. However, some courses may be 30 points or more.

This diagram is an example only – other combinations are possible. For specific course requirements, go to [www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)

# Physical Education Major

Semester	Course Code	Course title	Points
<b>100-level</b>			
S1	HLED121	<b>Introduction to Health Education.</b> This course is designed to be an introduction to Health Education through the exploration of fundamental and underlying concepts. It explores and applies the Maori concept of Hauora to the wellbeing of self, relationships, and a range of populations.	15
S2	SPCO126	<b>Land Journeys and Ethics.</b> Informed by experiential education approaches, students will complete two weekend backpacking trips with instructors and use reflections from these experiences, in conjunction with the literature on human-nature relationships, to critically analyse and develop a personal land ethic.	15
<b>200-level</b>			
S1	EDUC206	<b>Education and Society: Ideals and Realities.</b> This course considers the connections and tensions between ideals and realities in education and society. Drawing on work in the sociology of education, the philosophy of education, and educational policy studies, as well as on educational practices, the course addresses questions such as these: How should society be structured? What do we hope to achieve through education? Why do some students 'fail' and others 'succeed'?	15
S1	SPCO204	<b>Biomechanics.</b> Gain knowledge of the mechanical principles governing movement, with application to a range of sporting and other movement contexts. The course will explore biomechanical concepts through both tutorial-based and practical activities, equipping students to analyse and assess movement from both qualitative and quantitative viewpoints.	15
S1	HLED222 (or SPCO222 or SPCO226 or SPCO227)	<b>Sexualities Education.</b> This course examines current debates, issues and practices of sexuality education. Students will explore the historical and contemporary influences on the delivery of sexuality education and develop knowledge in relation to sexuality and sexual health practices.	15
<b>300-level</b>			
S2	EDUC315	<b>Educating for Diversity.</b> This course introduces students to methods of critical enquiry into the social, institutional, classroom and individual practices that can support and/ or hinder the inclusion of diverse learners.	30
S1	SPCO305	<b>Sociology of Sport.</b> This course will provide students with the opportunity to examine the socio-cultural context of sport through a range of theoretical sociology perspectives and apply this knowledge to a variety of coach education contexts. NOTE: SPCO 305 is offered in 2020 instead of SPCO 334.	15
S1	SPCO335	<b>Learning through Sport and Exercise Science.</b> This course develops students' capability to translate their knowledge and skill into quality learning experiences in education contexts 'beyond the gymnasium'. Beyond the gymnasium learning experiences occur in labs or out of doors.	15
S2	SPCO336	<b>Physical Education Curriculum in Action.</b> This course will examine possible multiple futures for physical education. It draws on historical and cultural developments that have informed current practices. Historical and cultural developments will provide the back drop for understanding how 21st century conceptualisations of knowledge and learning influence and shape physical education.	15

## Bachelor of Sport Coaching majoring in Physical Education – example degree structure

### Year 1

SPCO 101	SPCO 102	SPCO 104	SPCO 105	SPCO 110	SPCO 126	HLED 121	100 Level or above
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### Year 2

SPCO 201 or SPCO 302	SPCO 208	SPCO 209	SPCO 204	SPCO 222 or 226 or 227 or HLED 222	EDUC 206	200 Level or above	100 Level or above
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### Year 3

SPCO 320	SPCO 334 <sup>2</sup>	SPCO 335	SPCO 336	EDUC 315	200 Level or above	200 Level or above
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Core courses
  Courses required for major<sup>1</sup>
 Optional courses

<sup>1</sup> You must ensure that you complete the required courses for at least one major.

<sup>2</sup> SPCO 334 is not offered in 2020. Bachelor of Sport Coaching students that require this course as part of the Physical Education major should instead enrol in SPCO305: Sociology of Sport.

Each small block represents a 15-point course. However, some courses may be 30 points or more.

This diagram is an example only – other combinations are possible. For specific course requirements, go to [www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)

# Sport Science Major

Semester	Course Code	Course title	Points
<b>100-level</b>			
S2	SPCO103	<b>Sport Psychology 1.</b> This course will provide an introduction to basic sport psychology theories and techniques used for maximising performance and satisfaction in sport and physical activity. It will allow students to apply appropriate sport psychology techniques and examine the implications of these for sport coaches and the sporting environment.	15
S1	SPCO107	<b>Sport Nutrition.</b> This course provides an understanding of nutritional principles for healthy living and maintaining and improving sporting performance. The course will identify recommended nutritional practices for various populations including athletes, recreational exercisers, and groups with specific nutritional needs.	15
<b>200-level</b>			
S1	SPCO204	<b>Biomechanics.</b> Gain knowledge of the mechanical principles governing movement, with application to a range of sporting and other movement contexts. The course will explore biomechanical concepts through both tutorial-based and practical activities, equipping students to analyse and assess movement from both qualitative and quantitative viewpoints.	15
S2	SPCO221	<b>Injury and Rehabilitation Prescription.</b> This course will provide students with an understanding of prevention, treatment, management and rehabilitation of acute and chronic sports injuries, essential for sports coaches. The injury risk to special population groups such as children, adolescents, and female athletes will be highlighted.	15
S1	SPCO223	<b>Applied Sport Psychology.</b> This course will examine the theory, philosophy and practice of psychological skills training in sport. Students will critically reflect on the application of sport psychology theories to psychological skills training programmes, examine the social psychology influences of sport and exercise participation and apply this knowledge to sport coaches and the sporting environment.	15
S2	SPCO231	<b>Introduction to Performance Analysis.</b> This course provides students with an understanding and appreciation of the development and position of performance analysis in sport. Practical skills using modern performance analysis techniques will be developed. Students will be required to track and analyse the performance of an athlete within a team sport through the duration of the course.	15
S1	SPCO241	<b>Introduction to Strength and Conditioning.</b> This course provides students with an understanding and appreciation of the position of strength and conditioning coaches in both occupational and sporting environments. Practical skills using modern strength and conditioning techniques and technologies will be developed.	15
S2	SPCO242	<b>Nutrition and Exercise Prescription.</b> This course provides students with a multidisciplinary perspective and appreciation of contemporary issues in weight management. Applied weight management strategies and techniques fundamental to strength and conditioning will be developed.	15
<b>300-level</b>			
S2	SPCO304	<b>Applied Biomechanics.</b> This course provides a framework in which to analyse movement through an understanding of Cartesian vector analysis, analytical methods and tools for the analysis of movement. Students will be equipped to make quantitative measurements and apply the principles of biomechanics to measuring performance.	15
S1	SPCO309	<b>Applied Exercise Physiology.</b> This course provides students with a comprehensive examination of the interaction between the body's energy systems and its response to training. Students learn to critically analyse current trends in nutritional support and training strategies. Students are required to assess, train and analyse the performance of a small group of athletes through the duration of the course.	15
S1	SPCO331	<b>Performance Analysis 2: Tools and Techniques.</b> This course equips students to analyse skilled performance in both a team and individual setting using a range of software, equipment and methodologies. Successful students will be able to analyse technique, tactical, movements and decision making abilities.	15
S2	SPCO332	<b>Applied Performance Analysis.</b> This course further develops the practical and theoretical skills of performance analysis learned in previous related courses. Students will learn about psychological and physiological aspects of performance analysis. Modelling of performance and performance forecasting techniques will be introduced and critically analysed.	15
S2	SPCO341	<b>Strength and Conditioning for Sports Performance.</b> This course provides students with an introduction to the software and technologies used by high performance sports teams. Students will gain experience implementing innovative training methodologies, and learn to organise and concisely report large sets of training and testing data.	15
S1	SPCO343	<b>Performance Nutrition and Recovery Monitoring.</b> This course challenges students to critically assess various contemporary nutritional and recovery techniques and delve into the research to determine their effectiveness. Students will look at the multidisciplinary relationship between the sports nutritionist and the strength and conditioning coach.	15

Students must complete 120pts (8 courses), including 60pts at 300 level in Sport Science courses.

## Bachelor of Sport Coaching majoring in Sport Science – example degree structure

### Year 1

SPCO 101	SPCO 102	SPCO 104	SPCO 105	SPCO 110	SPCO 100 Level	100 Level or above	100 Level or above
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### Year 2

SPCO 201 or SPCO 302	SPCO 208	SPCO 209	SPCO 200 Level	SPCO 200 Level	SPCO 200 Level	200 Level or above	100 Level or above
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### Year 3

SPCO 320	SPCO 300 Level	SPCO 300 Level	SPCO 300 Level	SPCO 300 Level	200 Level or above <sup>2</sup>	200 Level or above	200 Level or above
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Core courses
  Courses required for major<sup>1</sup>
 Optional courses

<sup>1</sup> You must ensure that you complete the required courses for at least one major.

<sup>2</sup> At least 90 points must be at 300-level.

Each small block represents a 15-point course. However, some courses may be 30 points or more.

This diagram is an example only – other combinations are possible. For specific course requirements, go to [www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)

## Minors

In addition to a major, students have the option to add a minor to their degree. Below is an illustrated example of the Adventure Sport and Environment minor within a BSpC degree.

### Adventure Sport and Environment Minor

Semester	Course Code	Course title	Points
<b>100-level</b>			
S2	SPCO126	<b>Land Journeys and Ethics.</b> Informed by experiential education approaches, students will complete two weekend backpacking trips with instructors and use reflections from these experiences, in conjunction with the literature on human-nature relationships, to critically analyse and develop a personal land ethic.	15
<b>200-level</b>			
S1	SPCO222	<b>Analysis of Expeditioning.</b> This course will extend each student's knowledge and understanding of coaching water based activities though involvement with canoesport - specifically canoeing as a vehicle for journeying and expeditioning. Through the course students will develop practical canoe and expeditioning skills which will form the basis for a safe descent of a South Island river during a 3-5 day expedition.	15
S1	SPCO226	<b>Rock Climbing Contexts and Techniques.</b> This course develops students' skills and knowledge relevant to contemporary rock climbing physiology and educational approaches. Content focuses on knowledge necessary to develop, implement and evaluate a training programme to enhance rock climbing performance. Teaching will also focus on current approaches to teaching and analysing rock climbing movement skills both indoors and on natural rock outdoors.	15
Not offered in 2021	SPCO227	<b>Paddle Sport Contexts and Techniques.</b> This course develops students' skills and knowledge relevant to contemporary paddlesports research and educational approaches. Content focuses on knowledge necessary to use digital technology to analyse and evaluate a paddlesports skill to enhance performance. Drawing on practical experiences in pool sessions and also on natural bodies of water, this course develops an understanding of Tikanga Maori and paddlesports.	15
<b>300-level</b>			
S2	SPCO326	<b>Rock Climbing Leadership.</b> This course will extend each student's knowledge and understanding of the educational possibilities of top-roped rock climbing in New Zealand. Through the course students will critically analyse the literature relevant to top-roped rock climbing and use this analysis to plan, implement and evaluate a rock climbing experience which incorporates contemporary approaches to outdoor education and is supported by the New Zealand Curriculum.	15

### Bachelor of Sport Coaching with a minor in Adventure Sport and Environment – example degree structure

#### Year 1

SPCO 101	SPCO 102	SPCO 104	SPCO 105	SPCO 110	100 Level	SPCO 126	100 Level or above
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#### Year 2

SPCO 201 or SPCO 302	SPCO 208	SPCO 209	200 Level	200 Level	200 Level	SPCO 226	SPCO 227
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#### Year 3

SPCO 320	300 Level	300 Level	300 Level	300 Level	SPCO 222	SPCO 326	200 Level or above <sup>2</sup>
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Core courses
  Courses required for major<sup>1</sup>
 Courses required for minor
  Optional courses

<sup>1</sup> You must ensure that you complete the required courses for at least one major.

<sup>2</sup> At least 90 points must be at 300-level.

Each small block represents a 15-point course. However, some courses may be 30 points or more.

This diagram is an example only – other combinations are possible. For specific course requirements, go to [www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)

### Minors: Other options

**Sport Science** five courses from the Sport Science major, including 45pts above 100 level with at least 15pts at 300 level.

**Performance Analysis** either SPCO103/STAT111, SPCO204, SPCO231, SPCO331, and either SPCO103/SPCO223/SPCO332

**Strength and Conditioning** SPCO107, SPCO241, SPCO242, SPCO309, SPCO341

**Nutrition** SPCO107, SPCO242, SPCO343, and two from SPCO223/SPCO241/SPCO309

# Other study pathways

Studying Sport Coaching equips you with key skills employers are looking for, not just in sport, recreation or athlete development, but in everything from people development and motivation in business environments, to events and corporate management.

Sport Coaching students develop a valuable set of transferable skills including motivation and teaching skills, awareness of holistic health principles and wellbeing, interpretive and analytical skills, leadership and people management skills, and problem solving skills.

If you are interested in building your knowledge and skills in sports coaching and sport science, then our certificate options may be just what you're looking for to get started.

## Certificate in Sport Coaching

Designed for working professionals from any walk of life who want to develop their skills and knowledge in the area of Sport Coaching, this certificate can be completed by distance around your other commitments.

Coaches can complement and enhance their work-based skills or, if you are currently not employed in the sporting industry, you can develop skills and competencies to support your knowledge and performance in the area of Sport Coaching and related fields.

### Certificate in Sport Coaching – possible structure

Year 1

SPCO 101 or 102	SPCO 201	100 or 200 Level	100 or 200 Level
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■ Core courses ■ Optional courses

Each block represents a 15-point course.

The Certificate in Sport Coaching comprises a minimum of 60 points at 100 and 200-level and can be completed full-time over one semester or up to two years part-time. Once complete, you may be exempt 60 points from the Bachelor of Sport Coaching.

The CertSpC comprises two core courses SPCO 101 Introduction to Sport Coaching and SPCO 201 Athlete-Centred Coaching 1, plus two other optional courses.

[www.canterbury.ac.nz/courses](http://www.canterbury.ac.nz/courses)



## Graduate Certificate in Sport Coaching

The Graduate Certificate in Sport Coaching is an online, flexible learning qualification that enables students to fit Sport Coaching studies around their busy professional and personal lives.

The GradCertSpC will provide practising coaches and those employed in the sports industry the opportunity to develop their professional coaching skills. The GradCertSpC is also available to students who are not currently employed in the industry, but wish to develop skills and competencies to gain employment in performance Sport Coaching contexts.

The qualification is a unique blend of practical application and theory which immerses you in the sociological, pedagogical, and scientific aspects of sport and sport coaching. Theory and practice are linked through the completion of the practicum course where you can select a performance sport coaching context according to your interests and areas of specialisation.

You will complete three compulsory 15-point courses, and one further 15-point course from 200 or 300-level Sport Coaching courses.

- SPCO 301 Sport Coaching and Leadership
- SPCO 302 Athlete-Centred Coaching 2
- SPCO 310 Practicum 3
- One 200-level or 300-level SPCO course.

## Enrolling in BSpC courses from outside the programme

Students from the Bachelor of Arts, Bachelor of Commerce, Bachelor of Science, and Bachelor of Youth and Community Leadership can choose to do a minor from subject options in the Bachelor of Sport Coaching.

Students enrolled in other programmes or Certificates of Proficiency may enrol in individual sport coaching courses provided they meet the pre-requisites.

The relevant regulations are listed in the University of Canterbury Calendar: [www.canterbury.ac.nz/regulations/](http://www.canterbury.ac.nz/regulations/)

## STAR courses

Year 1 BSpC courses available for STAR enrolments:

SPCO101	Introduction to Sport Coaching
SPCO102	Theoretical Foundations of Coaching and Teaching
SPCO103	Sport Psychology 1
SPCO104	Introduction to Human Anatomy and Physiology
SPCO105	Social History of Sport

# Further study



Graduates can embark on further graduate or postgraduate study such as in sport science, education, health management or journalism.

Graduates are also eligible to undertake a fourth year of study in order to teach in primary schools or to become Physical Education teachers in secondary schools. In addition to PE, sport coaching graduates may qualify to teach an additional subject, for example: Health, Outdoor and Environmental Education, Science or Social Studies.

Postgraduate sport science pathways include the:

- Postgraduate Certificate in Sport Science (60 points)
- Postgraduate Diploma in Sport Science (120 points); and
- Master of Sport Science (180 points).

## Master of Sport Science (MSS)

If you are interested in pursuing a career in the sport field, this coursework-based Master's degree allows you to specialise or broaden your expertise.

Courses draw on sport science research, as well as experts in the field from within and outside UC, to provide you with historically and culturally grounded knowledge and skills. You will have flexibility to choose courses in biomechanics, exercise physiology, sport psychology, sport nutrition, strength and conditioning, and performance analysis.

The MSS requires 180 points of coursework, including a research project or dissertation. It would normally be completed full-time over 12–18 months.

Compulsory courses include:

- SSCI 403 The Competitive Edge: Innovation in Sport Science
- HLTH 464 Research Approaches for Health
- SSCI 404 Advanced Internship for Sport Science

Students complete either a project or dissertation:

- SSCI 680 Sport Science Research Project (30 points) OR
- SSCI681 Sport Science Dissertation (60 points).

Plus an additional 30 points selected from a list of optional courses tailored in the direction of study for each student.

This one-year Master's degree could lead to a career in high performance sport, or allow established professionals to upskill and update their sport science knowledge.

Graduates of this applied master's degree will have a well-rounded view of sport science. Potential roles for graduates include:

- Sports Scientist/Strength and Conditioning Specialist positions in professional sport, working with teams or individual athletes, or in national and international sporting organisations
- Development officer for professional sporting and health orientated organisations
- Corporate and community health and fitness consultant
- Health promotion/lifestyle consultant
- Athletic/sports programme coordinator.

Graduates from the MSS would be eligible for accreditation with Sport and Exercise Science New Zealand (SESNZ).

Students can go on to study a Doctor of Philosophy (PhD) in Health Sciences, or Biological Sciences.

To enrol, you should have previously completed a sport and/or science-related Aotearoa New Zealand degree, or equivalent, and normally should have achieved at least a B Grade Point Average in 300-level courses in the degree.

Contact a student advisor for further advice.

# UC Support Services

Students have access to the full range of University services available on campus.

**The UC Library** provides excellent resources. Text books for Sports Coaching are placed on High Demand (short term loan). Subject librarians can show you how to access online resources for your subjects. For further information visit [www.canterbury.ac.nz/library/](http://www.canterbury.ac.nz/library/)

**The Academic Skills Centre** offers assistance with a wide range of topics including understanding essay questions, assignment writing, grammar, time management and revising for exams. [www.canterbury.ac.nz/support/asc/](http://www.canterbury.ac.nz/support/asc/)

**Equity & Disability Service** can provide practical support, assistive technology and special arrangements for exams. To access these services, students should register on enrolment. [www.canterbury.ac.nz/equity-disability/](http://www.canterbury.ac.nz/equity-disability/)

**UC Rec & Sport** aim to support wellbeing and success through lifting participation levels across a range of health, fitness, sport and wellness activities. [www.canterbury.ac.nz/ucrecentre/](http://www.canterbury.ac.nz/ucrecentre/)

**The Health Centre** has an extensive range of medical, counselling and related services that are affordable, accessible and of high quality. [www.canterbury.ac.nz/healthcentre/](http://www.canterbury.ac.nz/healthcentre/)

Many other support services are available; for a complete list visit [www.canterbury.ac.nz/support/](http://www.canterbury.ac.nz/support/)

**The University Bookshop** can provide most of the course text books. <https://ubscan.co.nz/>

**HealthSoc** is the student club for health sciences students. Come along to events held on campus during the year. [facebook.com/healthsoccanterbury](https://facebook.com/healthsoccanterbury)

## Course planner

Use this space to work out what courses you'll take each year. Our College Student Advisors and Programme Coordinators are here to help you design your degree to match your interests and aspirations.

### Year 1

SPCO 101	SPCO 105	SPCO 102	SPCO 104	SPCO 110			
S1	S1	S2	S2	Whole Year			

### Year 2

SPCO 209	SPCO 201 (or SPCO 302)	SPCO 208					
S1	S2 (or S1 for SPCO302)	S2					

### Year 3

SPCO 320 Internship							
Anytime start							

## Notes

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## Further information

### Liaison

For further information about admissions and enrolment and accommodation please contact:

[liaison@canterbury.ac.nz](mailto:liaison@canterbury.ac.nz)

Phone: 0800 103 109

[www.canterbury.ac.nz/engage/schoolresources/liaison](http://www.canterbury.ac.nz/engage/schoolresources/liaison)

### Student Advisors

[educationadvice@canterbury.ac.nz](mailto:educationadvice@canterbury.ac.nz)

Phone: 03 369 3333

### School of Health Sciences | Te Kura Mātai Hauora

[shssadmin@canterbury.ac.nz](mailto:shssadmin@canterbury.ac.nz)

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