

Sports Studies 2012

(This information is *in addition to* that in the Distance Learning Prospectus.)

Audioconference Teaching System

The system of teaching and study used for the Diploma in Sports Studies and Certificate in Fitness Management combines several features designed to meet the needs of adult students, particularly those at a distance from the University campus.

Students based in Dunedin may attend audioconference sessions at the Audioconference Suite, Central Library, ISB Building, University of Otago, Dunedin. All other New Zealand students may connect to the audioconference sessions via a Telecom freephone telephone number (using a hands-free speaker phone). *Note: Two papers SPSX 201 Exercise Testing & Prescription and SPSX 204 Sports Injuries use the Oceanbrowser audioconference system which enables students to phone in using a freephone telephone number or to join the audioconference via broadband internet connection on your computer.* The University of Otago's School of Physical Education, however, reserves the right to ask students to come together in groups for the sessions where appropriate. It is recommended that those in one area should organise themselves into a group, as there are many advantages in working together. Such a group could be sent audioconference equipment which would preclude the need for a hands-free speaker telephone. A student contact details class list will be sent to students with the course workbook.

Each paper requires the student to undertake personal study. It is estimated that for each paper students should be prepared to set aside two to three hours study time per week in addition to the audioconferences. Regular attendance at the scheduled teaching sessions is a compulsory requirement of all papers.

Assessment

Assessment varies among papers. Students are normally required to complete paper assignments and sit a two hour final examination. Specific papers also include compulsory two to three-day residential schools held at the School of Physical Education, University of Otago Dunedin campus. The examinations for each paper are held in regional/overseas centres at the end of each semester in accordance with the University of Otago Examination rules. Students will be notified of the examination dates, times and venues.

Applications for Exemption

Those who have professional qualifications in areas such as physical education, physiotherapy and nursing may be eligible for exemption from some papers. Applications may be made at the time of enrolment. Each application will be considered on its merits.

Regulations

- (a) A candidate shall not be permitted to enrol for more than SIX papers in any one year (THREE per semester).
- (b) A candidate who has qualified for and received either the Certificate in Sports Studies or the Certificate in Fitness Management may not proceed to the course leading to the Diploma in Sports Studies. However a student wishing to transfer from either of the certificates to the Diploma in Sports Studies should notify Student Administration in writing or email at any stage of his or her course, but no later than 1 June of the year in which he or she would expect to complete the papers for the certificate.
- (c) Every course of study must satisfy the requirements for prerequisites and co requisites which are set out in the **Sports Studies Schedule** below.
- (d) A candidate for the Diploma with appropriate qualifications may be exempted from up to three Foundation papers and one Advanced paper. A candidate for the Certificate in Sports Studies or the Certificate in Fitness Management with appropriate qualifications may be exempted from up to two Foundation papers.
- (e) The Pro-Vice-Chancellor (Sciences) may in exceptional circumstances approve a course of study which does not conform to these regulations.
- (f) A candidate for the Diploma who has gained credit for the six foundation studies papers and who elects not to proceed with Advanced Studies papers shall be awarded a Certificate in Sports Studies.

Fees

The fees for 2012 for the Diploma in Sports Studies and the Certificate in Fitness Management have not yet been set. However in 2011 they were as follows:

Total payable per paper (including GST): NZ\$797.83

The single fee for each paper includes course material, tuition charges, the costs of the audioconference network (both venue and telephone connections) and general and overhead costs, as well as GST.

SPORTS STUDIES SCHEDULE

Level	Paper	Short Title	Pre and co requisites*
Advanced Studies papers	SPSX 201	Exercise Testing and Prescription	SPSX 104
	SPSX 202	Nutrition for Exercise and Sport	SPSX 102, PC-SPSX104
	SPSX 203	Sociology of Sport	
	SPSX 204	Sports Injuries	SPSX 101
	SPSX 205	Sports Science	SPSX 102
	SPSX 212	Sport and Exercise Psychology	SPSX 103
<p>The papers required for the <i>Diploma in Sports Studies</i> are the six Foundation Studies papers and the six Advanced Studies papers.</p> <p>The papers required for the <i>Certificate in Sports Studies</i> are the six Foundation Studies papers.</p> <p>The papers required for the <i>Certificate in Fitness Management</i> are SPSX 101, SPSX 102, SPSX 104, SPSX 201, SPSX 202 and SPSX 204.</p>			

*Unless otherwise indicated, papers in this column are prerequisites for the course concerned; papers which may be taken as either prerequisites or co requisites are prefixed 'PC-'.

Course Content for the Diploma in Sports Studies 2012

NOTE: Foundation Studies Papers are no longer being offered on the Sports Studies Course.

Advanced Studies Paper Prescriptions

SPSX 201: Exercise Testing and Prescription (available in 2012, second semester)

(Mid year enrolment possible for students where the SPSX 104 prerequisite requirement has been met by exemption.)

Integrates and applies the theoretical concepts that relate specifically to the provision of exercise programmes for different sports groups, and provides the practical skills in fitness management.

Audioconference times: **Wednesdays 11.00 am – 12.00 pm on the following dates:**
July 11, 18, 25, August 8, 22, September 5, 19, October 3 and 17.

There will be a compulsory 2-day residential school in September in Dunedin.

SPSX 202: Nutrition for Exercise and Sport (available in 2012, first semester)

An introduction to human nutrition and its relevance to health, exercise, and sport.

Audioconference times: **Tuesdays 9.00 am – 10.50 am on the following dates:**
February 28, March 6, 13, 20, 27, April 3, 17, 24 and May 1.

SPSX 203: Sociology of Sport (available in 2012, first semester)

An introduction to sociology of sport, which includes a critical analysis of issues related to gender, class, nationality, and violence, both nationally and internationally.

Audioconference times: **Wednesdays 4.00 pm – 5.50 pm on the following dates:**
February 22, March 7, 21, April 11, 18, May 2, 16, and 30.

SPSX 204: Sports Injuries (available in 2012, second semester)

(Mid year enrolment possible for students where the SPSX 101 prerequisite requirement has been met by exemption.)

The biological and functional sequence of events following injuries as they occur in physical activity and sports settings.

Audioconference times: **Tuesdays 5.30 pm – 6.30 pm on the following dates:**
July 10, 17, 24, August 7, 14, September 4, 18 and October 2.

SPSX 205: Sports Science (available in 2012, second semester)

(Mid year enrolment possible for students where the SPSX 101 and SPSX 102 prerequisite requirement has been met by exemption.)

The study of motor skill development and performance from a biophysical perspective through motor learning and control, biomechanics, and exercise physiology.

Audioconference times: **Wednesdays 6.10 pm – 8.00 pm on the following dates:**
July 11, 18, 25, August 8, 15, 22, September 5, 19 and October 3.

SPSX 212: Sport and Exercise Psychology (available in 2012, first semester)

An examination of the social/psychological dimensions underlying human behaviour in sport and exercise settings.

Audioconference times: **Fridays 12.00 pm – 1.50 pm on the following dates:**
February 24, March 2, 9, 16, 23, April 20, May 4, 18 and June 1.

There will be a compulsory 2½-day residential school in May in Dunedin.