

2027

Programme Handbook

CH3981 Bachelor of Applied Science (Level 7)
Human Nutrition, Sport and Exercise, Health Promotion



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Nau mai ki Ara - Welcome to Ara

Welcome to the Faculty of Health, Science and Sustainability and your enrolment as an ākonga/student studying for a Bachelor of Applied Science – Health Promotion, Sport and Exercise or Human Nutrition. We look forward to working with you to help you reach your goals and assist you in gaining higher qualifications through your study at Ara.

This programme information document is your essential guide for your study, so please read it carefully and keep it handy for future reference.

Your lecturers, kaiako/tutors and support kaimahi/staff are approachable, friendly and committed to creating a positive, inclusive and inspiring learning environment. Please do not hesitate to ask questions or request help – we are here to support you.

Ngā manaakitanga

Dr Michael Shone
Dean of Faculty
Health, Science and Sustainability | Te Waka Toiora
2027

Kia rite ki te ako Getting ready for study



Tō Rangi Tuatahi - Your First Day

Enrolment Information

Study Information (February start)

Prog Code CH3981 Prog Title Bachelor of Applied Science (with specialisation)

Level: 7, Duration: Three Years, Total Credits: 360

Enrolment period: 15 February – 26 November 2027



Programme orientation

Monday 15 February 2027

9am – 12pm

Location: W221/W222 - upstairs in the Whareora building (W Block)

Study Information (July start)

Prog Code CH3981 Prog Title Bachelor of Applied Science (with specialisation)

Level: 7, Duration: Three Years, Total Credits: 360

Enrolment period: 19 July – 23 June 2028 TBC



Programme orientation

Monday 19 July 2027

9am – 12pm

Location: W221/W222 - upstairs in the Whareora building (W Block)

Returning ākonga/students

Please check your [timetable](#) for your class details.

Please feel free to contact us, if you have any queries related to the programme prior to this first session.

Programme Orientation

Orientation is compulsory for all ākonga/students. International ākonga/students also need to attend an additional orientation.

What we'll cover

On your first day during orientation, you will be introduced to your tutors and new classmates. The orientation includes:

- Programme overview
- Kai and kōrero (morning tea), connect with learners and staff
- Campus tour
- Course details (timetable)
- ICT access
- Questions
- Closing

Bring note taking items – pens and highlighters, a laptop if you have one.

Equipment requirements

[See here for recommended reading.](#)

Ara Whakatau, your official welcome

You are warmly invited to attend the official welcome to Ara for all ākonga/students, kaimahi/staff and whānau (family). The whakatau is a welcoming ceremony, similar to a pōwhiri, involving mihimihi (speeches), waiata (song) and will conclude with kai timotimo (light refreshments).

See [Whakatau ~ Welcome](#) for more details.

Logins

If you need assistance with logins etc, contact ICT ictservicedesk@ara.ac.nz or call 03 940 8800.

MyAra

With MyAra you can access everything you need in one place and with notifications to keep you updated. To access MyAra (from 21 days prior to your course beginning), you must have a current Ara network login and password (you can use [Ara Self-Service Password Reset](#) to activate your network account). When you first log in to MyAra, it will prompt you to change your password. After that, it will ask you to enter more information such as your mobile phone number, personal email address or security questions. This information will be used to reset your password if you forget it.

Key information can be found on the MyAra app and website [MyAra](#), including:

- Ākonga/student email
- Your timetable, calendar, and attendance
- Your ākonga/student portal
- Moodle (from 14 days prior to your course beginning and you cannot login to Moodle until you have changed your password)

Bring Your Own Device (BYOD)

We strongly encourage ākonga/students bring a personal Wi-Fi capable device to connect to our network. Devices should be able to connect to the internet, run Office 365, support Teams and have a keyboard.

Timetable information

All timetables are available on [MyAra](#).

How to find your way around

Campus maps can be found [here](#).

Parking and bus information

Campuses (excluding Manawa) have parking available. Payment is required at City campus. Learn more about parking and biking or find out about bus services [here](#).

If you do not intend to study with us in 2027, let us know as soon as possible so you can be withdrawn and avoid any impact on future study.

Contact Us

To contact the Admissions and Enrolments kaimahi/staff, visit 'Admissions and Enrolments' on campus:

Monday – Friday, 8am – 4.30pm
0800 24 24 76 | info@ara.ac.nz

Kōrero Nui - Important Information

Programme Information Handbook

This handbook is heavy on detail and sometimes quite formal. There will be things you want to know and other things you will only refer to when something comes up.

Here are some quick highlights of what is in the following pages:

- The detail and the rules about the qualification you have enrolled in
- Ara's expectations about how you will behave and what your rights are
- How Ara checks that you are a genuine student (like your attendance)
- A quick access guide to getting support
- How assessments work and the grades that are used
- The assessment regulations that could support you to pass and what forms to use (extensions, resits and more)
- Getting your results and going to graduation
- Key academic policies
- Health and safety information related to your study
- Any after-hours access arrangements

Ask your kaiako/tutor or Faculty Operations Administrator (located in S171) if you need help to find the information you are looking for.

Student Information Handbook

We recommend that you read your Programme handbook in conjunction with the [Student Information Handbook](#) (also available on MyAra) which has more detailed information about support and services available to ākonga/students at Ara.

Health and Safety

Please refer to the [Student Information Handbook](#) for general Health and Safety information and evacuation details. In an emergency advise a staff member, and if no one is available phone 111.

For more detail about your Faculty's requirements and afterhours arrangements please read the **Kā tū whare – Facilities** section of this handbook.

Attendance

Experience has shown that if you attend regularly and participate in the class activities and assessments you are more likely to succeed. Full attendance and commitment are encouraged. You are expected to be punctual and must comply with the various behaviour and safety requirements of classrooms, workshops and labs. For an international ākonga/student, satisfactory progress is defined as 100% attendance and successful completion of 75% or more of your courses.

Let Ara know when you are absent or if you are sick. Contact your kaiako/tutor or your programme leader: helen.marshall@ara.ac.nz

Non-Engagement

Ara has processes to deal with ākonga/students who formally enrol here but do not “engage” with their studies. That is, if you do not attend and/or participate and/or submit assignments and/or sit assessments or only attend briefly or spasmodically and/or do not engage significantly.

Our faculty follows these steps if you are a no-show (start of teaching):

- 1** We will attempt to contact you 3 times and if we are not successful, we will withdraw you (1) within 3 days if there is a waitlist of other ākonga/students who want to enrol, or (2) within 10% of the length of your enrolment (often 1 – 2 weeks)

- 2** You will receive an email, text or phone call asking why you have not been attending

- 3** There will be no academic or financial penalty from Ara, but you could be overpaid by StudyLink

Our faculty process follows these steps for disengaged ākonga/students:

- 1** The registers are checked and if your engagement and attendance is a concern, we will talk with you

- 2** You will receive an email or phone call asking why you have not been attending. You may receive a non-engagement letter

- 3** We will attempt to contact you 3 times

- 4** You may be placed on a Formal Academic Contract or withdrawn

- 5 You will receive a WD grade (after 10% of the duration of the course) or a DNC grade (after 80% of the duration of the course)

If you are struggling with attendance, we fully encourage you to talk this over as soon as possible with your kaiako/tutor.

Artificial Intelligence (AI) Tools

When submitting work for assessment, you must adhere to Ara's Assessment and Academic Misconduct policies and not present AI such as ChatGPT as your own work. Learning Services have resources to help you learn to paraphrase or reference another person's work to avoid academic misconduct.

For more detail, please read the [Kā ture me kā tikaka - Policies & Procedures](#) section of this handbook.

Health & Safety

Please refer to the [Student Information Handbook](#) for general Health and Safety information and evacuation details. In an emergency advise a kaimahi/staff member, and if no one is available phone 111.

For more detail about your Faculty's requirements and afterhours arrangements please read the **Kā tū whare – Facilities** section of this handbook

Drugs and Alcohol

In line with the expectations of many workplaces, Ara has procedures to ensure the health and safety of all ākonga/students, kaimahi/staff and visitors, while undertaking Ara activities.

Ara has **zero tolerance** for the misuse or abuse of alcohol and/or illegal/controlled drugs, possession and/or use of illegal/controlled drugs/substances, or intoxication on all campuses/learning sites.

Many learning activities involve high-risk situations where clear thinking, decision-making, and machinery operation need to be conducted safely. These activities cannot be compromised.

You can download the policy from [CPP506 Drugs & Alcohol Policy](#).

Kā Raki whakahirahira - Important Dates

SEMESTER ONE

DATES

TERM 1

15 February – 9 April

Whakatau

See [Whakatau ~ Welcome](#) for more details.

Good Friday – Ara closed

Friday 26 March

Easter Monday – Ara closed

Monday 29 March

Easter Tuesday – Ara closed

Tuesday 30 March

TERM 2

26 April – 25 June

Anzac Day Observed – Ara closed

Monday 26 April

King's Birthday – Ara losed

Monday 7 June

Matariki – Ara closed

Friday 25 June

SEMESTER TWO

DATES

TERM 3

19 July – 24 September

TERM 4

11 October – 26 November

Labour Day – Ara closed

Monday 25 October

Canterbury Anniversary Day – Ara closed

Friday 12 November

Kā whakapātaka - Contact Details

Key Kaimahi/staff

TBC

Portfolio Manager

Dr Helen Marshall

Co-Programme Leader
Health Promotion Co-ordinator

03 940 7602

Room: W208

Helen.Marshall@ara.ac.nz



Dr Peter Olsen

Co-Programme Leader
Sport and Exercise Co-ordinator

03 940 8675

Room: W208

Peter.Olsen@ara.ac.nz



Teaching Kaimahi/staff

Name/teaching area	Room	Phone	Email
Dr Peter Olsen Co- Programme Leader Sport and Exercise Co-ordinator	W208	940 8675	Peter.Olsen@ara.ac.nz
Dr Helen Marshall Co-Programme Leader Health Promotion Co-ordinator	W208	940 7602	Helen.Marshall@ara.ac.nz
Dr Maria Choukri Human Nutrition Co-ordinator	W208	940 8245	Maria.Choukri@ara.ac.nz
Jamie Ogilvy Sport and Exercise Lecturer	W208	940 8069	Jamie.Ogilvy@ara.ac.nz
Tyson Huia Sport and Exercise Lecturer	W208	N/A	Tyson.Huia@ara.ac.nz
Dr Claudia Leong Nutrition Lecturer	W208	N/A	Claudia.Leong@ara.ac.nz
Dr Juliet Slattery Nutrition Lecturer	W208	N/A	Juliet.Slattery@ara.ac.nz
Craig Wilson Sport and Exercise Lecturer	W208	N/A	Craig.Wilson@ara.ac.nz

Tō Akoako

Your study



Taipitopito akoraka - Programme Details

Programme Aim

The aim of the programme is to prepare graduates for employment in industries related to Health Promotion, Sport, Exercise, and Human Nutrition, who can empower and enhance the lives of individuals, communities, and populations. Graduates will become reflective practitioners through integrating advanced discipline knowledge, critical thinking, and cultural intelligence to address complex challenges with ethical, inclusive, and sustainable solutions.

Graduate Profile

Graduates of the Bachelor of Applied Science will be able to:

- Apply advanced discipline-specific skills, knowledge and professional attributes to design and deliver initiatives and interventions with diverse individuals, communities, and populations.
- Apply critical thinking to evaluate and utilise evidence to inform practice. Critically reflect on cultural intelligence and apply to professional practice.
- Apply knowledge to give effect to te Tiriti o Waitangi in professional practice
- Critically reflect on and implement inclusivity, equity, and sustainable practices
- Communicate and collaborate effectively to establish and maintain ethical workplace, client and community relationships
- Empower diverse individuals, communities, and populations to actively contribute to and enhance their hauora/health and wellbeing.

And either

Health Promotion Specialisation

- Critically evaluate the role of advocacy in health promotion and its importance for sustainable health promotion strategies that address health challenges.

or

Sport and Exercise Specialisation

- Apply knowledge of physical activity, hauora, sport and exercise science to enable people, groups and communities to achieve identified goals or outcomes.

or

Human Nutrition Specialisation

- Demonstrate knowledge of nutrition science and tailor it to enhance the health of individuals, communities, and diverse populations
- Apply knowledge of sustainable food systems, food products, and food preparation practice that effect nutrition and health
- Apply knowledge of cultural, social, and environmental issues to assist in the nutritional choices of individuals and groups as applied to professional practice

Programme Regulations

The Bachelor of Applied Science is a three year full-time equivalent programme of study requiring the successful completion of 360 course credits.

The maximum period of time to complete the programme is six years. Any extension to this period would require a written application from the Dean or delegate for consideration.

Broadly, the degree structure progresses as follows:

In the first three semesters of the applied science degree, ākonga build a strong foundation by developing essential academic skills, cultural intelligence, and acquiring foundational knowledge. During this period, ākonga also participate in an industry practicum, allowing them to bridge theory and practice in a real-world setting. In the latter half of the degree, the focus shifts towards specialised courses that equip ākonga with the in-depth knowledge required for roles in health promotion, sport and exercise and human nutrition. Ākonga also participate in industry practicums, providing them with further opportunities to envision themselves in professional settings and gain practical experience. Additionally, ākonga benefit from increased flexibility through elective courses, which can either complement their chosen specialisations or allow them to explore subjects beyond the core program, broadening their academic and professional perspectives.

All relevant credits from other approved programmes will be considered for credit recognition (cross credits, credit transfers and recognition of prior learning) according to Ara standard policy and procedure.

Ākonga/student showing insufficient academic progress will be advised in writing of the ākonga/student services available, and their academic performance (including class attendance) will be monitored by the Programme Leader. Should performance not improve, the Programme Leader will discuss with the Portfolio Manager the benefit of placing the ākonga/student on a Formal Academic Contract according to Ara standard policy and procedures.

The Bachelor of Applied Science (Health Promotion) or (Sport and Exercise) or (Human Nutrition) will be awarded to all ākonga/students who successfully complete all the requirements laid down by the Faculty of Health, Science and Sustainability and approved by the Academic Board.

Mahere Ako - Programme Structure

Programme Matrix

Use the following table as a guide to the courses in your programme. You can find out how many credits each course is worth, and how many credits and courses you need to do to complete your study.

List of Approved Courses

CH3981 Bachelor of Applied Science (with Specialisation) Level 7

Code	Course Title	Level	Credits	Course Factor
Core Courses				
BMSH518	Wānaka Hauora	5	15	0.1250
ASAP510	Anatomy and Physiology	5	15	0.1250
ASCM510	Professional Communication	5	15	0.1250
ASIN510	Introduction to Nutrition	5	15	0.1250
ASPH500	Pacific Culture and Health	5	15	0.1250
ASPT610	Professional Practice	6	15	0.1250
ASRE610	Research Design and Statistics	6	15	0.1250
ASWP610	Industry Practicum 1 (FY)	6	15	0.1250
ASWP710	Industry Practicum 2 (FY)	7	15	0.1250
Compulsory Courses (depending on the specialisation)				
ASBC510	Biochemistry	5	15	0.1250
ASCH510	Introductory Chemistry	5	15	0.1250
ASCT500	Coaching Theory and Practice	5	15	0.1250
ASEP500	Exercise Prescription and Programming	5	15	0.1250
ASFE510	People, Food and Environment	5	15	0.1250
ASHP510	Health Promotion 1	5	15	0.1250
ASSA510	Biomechanics & Performance Analysis	5	15	0.1250
ASAS610	Sport Sociology and Psychology	6	15	0.1250

ASAT610	Advanced Training for Strength and Power	6	15	0.1250
ASHD610	Exercise and Health Psychology	6	15	0.1250
ASHP610	Health Promotion 2	6	15	0.1250
ASMH610	Macronutrients and Health	6	15	0.1250
ASNH610	Micronutrients and Health	6	15	0.1250
ASNP610	Nutrition Psychology	6	15	0.1250
ASNS600	Nutrition for Sport and Exercise	6	15	0.1250
ASPA610	Advanced Training for Endurance	6	15	0.1250
ASSA610	Applied Biomechanics and Coaching	6	15	0.1250
ASAN710	Special Topics in Nutrition	7	15	0.1250
ASAR710	Adapted Physical Activity and Rehabilitation	7	15	0.1250
ASDP710	Health Promotion for Diverse Populations	7	15	0.1250
ASEP710	Special Topics in Sport, Recreation and Exercise	7	15	0.1250
ASHP710	Health Promotion 3	7	15	0.1250
ASND710	Nutrition and Disease	7	15	0.1250
ASPE710	Advanced Psychology of Sport and Exercise	7	15	0.1250
ASPH711	Phytonutrients and Health	7	15	0.1250
ASPN710	Public Health Nutrition	7	15	0.1250
ASSM710	Event Planning and Management	7	15	0.1250
Elective Courses				
ASPD510	Professional Development for Industry	5	15	0.1250
ASCS710	Clinical Skills A	7	15	0.1250
ASCS711	Clinical Skills B	7	15	0.1250

Example Programme**CH3981 Bachelor of Applied Science (Health Promotion) Level 7**

Code	Course Title	Level	Credits	Course Factor
Year 1				
BMSH518	Wānaka Hauora	5	15	0.1250
ASIN510	Introduction to Nutrition	5	15	0.1250
ASCM510	Professional Communication	5	15	0.1250
ASAP510	Anatomy and Physiology	5	15	0.1250
ASPH500	Pacific Culture and Health	5	15	0.1250
ASHP510	Health Promotion 1	5	15	0.1250
ASEP500	Exercise Prescription and Programming	5	15	0.1250
ASFE510	People, Food and Environment	5	15	0.1250
Total (Year 1)			120	1.0000
Year 2				
ASWP610	Industry Practicum 1	6	15	0.1250
ASRE610	Research Design and Statistics	6	15	0.1250
ASPT610	Professional Practice	6	15	0.1250
ASHD610	Exercise and Health Psychology	6	15	0.1250
ASHP610	Health Promotion 2	6	15	0.1250
ASNP610	Nutrition Psychology	6	15	0.1250
AND 2 ELECTIVE courses from list				
Elective courses from the list of recommended electives		5+	30	0.2500
Total (Year 2)			120	1.0000

Code	Course Title	Level	Credits	Course Factor
Year 3				
ASWP710	Industry Practicum 2	7	15	0.1250
ASHP710	Health Promotion 3	7	15	0.1250
ASSM710	Event Planning and Management	7	15	0.1250
ASAR710	Adapted Physical Activity and Rehabilitation	7	15	0.1250
ASDP710	Health Promotion for Diverse Populations	7	15	0.1250
ASPN710	Public Health Nutrition	7	15	0.1250
PLUS 1 from the below				
ASPD510	Professional Development for Industry	5	15	0.1250
Elective course from the list of recommended electives		5+		
AND 1 ELECTIVE course from list				
Elective course from the list of recommended electives		5+	15	0.1250
Total (Year 3)			120	1.000
Programme Totals (Years 1, 2 & 3)			360	3.000

Example Programme

CH3981 Bachelor of Applied Science (Sport and Exercise) Level 7

Code	Course Title	Level	Credits	Course Factor
Year 1				
BMSH518	Wānaka Hauora	5	15	0.1250
ASIN510	Introduction to Nutrition	5	15	0.1250
ASCM510	Professional Communication	5	15	0.1250
ASAP510	Anatomy and Physiology	5	15	0.1250
ASPH500	Pacific Culture and Health	5	15	0.1250
ASCT500	Coaching Theory and Practice	5	15	0.1250
ASEP500	Exercise Prescription and Programming	5	15	0.1250
ASSA510	Biomechanics and Performance Analysis	5	15	0.1250
Total (Year 1)			120	1.0000
Year 2				
ASWP610	Industry Practicum 1	6	15	0.1250
ASRE610	Research Design and Statistics	6	15	0.1250
ASPT610	Professional Practice	6	15	0.1250
ASHD610	Exercise and Health Psychology	6	15	0.1250
ASAS610	Sport Sociology and Psychology	6	15	0.1250
ASPA610	Advanced Training for Endurance	6	15	0.1250
ASSA610	Applied Biomechanics and Coaching	6	15	0.1250
ASAT610	Advanced Training for Strength and Power	6	15	0.1250
Total (Year 2)			120	1.0000

Code	Course Title	Level	Credits	Course Factor
Year 3				
ASWP710	Industry Practicum 2	7	15	0.1250
ASNS600	Nutrition for Sport and Exercise	6	15	0.1250
ASSM710	Event Planning and Management	7	15	0.1250
ASAR710	Adapted Physical Activity and Rehabilitation	7	15	0.1250
ASPE710	Advanced Psychology of Sport and Exercise	7	15	0.1250
ASEP710	Special Topics in Sport, Recreation and Exercise	7	15	0.1250
PLUS 1 of the below				
ASPD510	Professional Development for Industry	5	15	0.1250
Elective course from the list of recommended electives		5+		
AND 1 ELECTIVE course from list				
Elective course from the list of recommended electives		5+	15	0.1250
Total (Year 3)			120	1.0000
Programme Totals (Years 1, 2 & 3)			360	3.0000

Example Programme

CH3981 Bachelor of Applied Science (Human Nutrition) Level 7

Code	Course Title	Level	Credits	Course Factor
Year 1				
BMSH518	Wānaka Hauora	5	15	0.1250
ASIN510	Introduction to Nutrition	5	15	0.1250
ASCM510	Professional Communication	5	15	0.1250
ASAP510	Anatomy and Physiology	5	15	0.1250
ASPH500	Pacific Culture and Health	5	15	0.1250
ASCH510	Introductory Chemistry	5	15	0.1250
ASBC510	Biochemistry	5	15	0.1250
ASFE510	People, Food and Environment	5	15	0.1250
Total (Year One)			120	1.0000
Year 2				
ASWP610	Industry Practicum 1	6	15	0.1250
ASRE610	Research Design and Statistics	6	15	0.1250
ASPT610	Professional Practice	6	15	0.1250
ASHP510	Health Promotion 1	5	15	0.1250
ASMH610	Macronutrients and Health	6	15	0.1250
ASNH610	Micronutrients and Health	6	15	0.1250
ASNS600	Nutrition for Sport and Exercise	6	15	0.1250
ASHP610	Health Promotion 2	6	15	0.1250
Total (Year 2)			120	1.0000

Code	Course Title	Level	Credits	Course Factor
Year 3				
ASWP710	Industry Practicum 2	7	15	0.1250
ASNP610	Nutrition Psychology	6	15	0.1250
ASAN710	Special Topics in Nutrition	7	15	0.1250
ASND710	Nutrition and Disease	7	15	0.1250
ASPH711	Phytonutrients and Health	7	15	0.1250
ASPN710	Public Health Nutrition	7	15	0.1250
PLUS 1 of the below				
ASHP710	Health Promotion 3	7	15	0.1250
ASPD510	Professional Development for Industry	5		
Elective course from the list of recommended electives		5+		
AND 1 ELECTIVE course from list				
Elective course from the list of recommended electives		5+	15	0.1250
Total (Year 3)			120	1.0000
Programme Totals (Years 1, 2 & 3)			360	3.0000

Recommended Electives

Code	Course Title	Level	Credits	Course Factor
From the Bachelor of Applied Science				
ASPD510	Professional Development for Industry	5	15	0.1250
ASNP610	Nutrition Psychology	6	15	0.1250
ASHD610	Exercise and Health Psychology	6	15	0.1250
ASCS710	Clinical Skills A	7	15	0.1250
ASCS711	Clinical Skills B	7	15	0.1250
From the Bachelor of Applied Management				
AMGS600	Global Challenges; Sustainable Futures	6	15	0.1250
AMPM600	Project Management	6	15	0.1250
BSNS5003	Business Functions	5	15	0.1250
BSNS5303	Introduction to Health, Safety and Wellbeing	5	15	0.1250
AMPL630	Principles of Leadership	6	15	0.1250
AMEP600	Event Planning and Management	6	15	0.1250
AMOB600	Organisational Behaviour	6	15	0.1250
AMPM600	Project Management	6	15	0.1250
From the NZ Diploma in Applied Science				
NSCI5503	Practical Laboratory Skills	5	15	0.1250
NSCI6105	Advanced Biochemistry for Applied Science	6	15	0.1250
NSCI5506	Microbiology in Industry	5	15	0.1250
Note: Ākonga/students may choose from courses from either of the remaining specialisations within the Bachelor of Applied Science programme, other Ara qualifications or qualifications at other institutions, subject to approval by the Academic Manager to ensure alignment of the graduate profile outcomes and that content is not replicated in courses.				

Our Access to Your Work

We may contact you to discuss the right to copy, reproduce, and use your ākonga/student work for promotional and education purposes for Ara.

Kā tika me kā kaweka o te tauira - Ākonga/student Responsibilities and Rights

Ākonga/student Responsibilities and Rights

The Ara community consists of a diverse range of people and cultures, and we respect all members of our community. Our aim is to have a community where ākonga/students respect themselves and others, a community where healthy social interactions and academic pursuits are expected. To create and maintain the best possible teaching and learning environment, you are protected by basic rights and are expected to respect the rights and responsibilities of others.

These can be viewed in the [Student Information Handbook](#).

Kā Taunakitaka Mōu – Support for You

The Education (Pastoral Care of Tertiary and International Learners) Code of Practice sets out the expectations that tertiary education organisations need to consider how their overall systems and resources support ākonga/students' wellbeing and safety.

For more detailed information on the code, please refer to the [Student Information Handbook](#).

Kā Aromatawai - Assessments

Assessment Information

At the start of each course, you will be given a **Course Outline**. Before each assessment you will be given an **assessment brief**. They will show:

The number, type, and due dates for all assessments, including tests and assignments, and will give you details on:

- The weighting of each assessment in your course that contributes to your final grade, if applicable.
- The assessment policy for resits, second results and alternative assessments, if they are different from the policies in this document.
- The timeframe for getting your marked assessments back from kaiako/tutors, if they are different from those stated in this document.
- The penalties for handing assessments in late, if they are different from those stated in this document. These may be different for each course.

If you do not receive this information, talk to the course kaiako/tutor/ Programme Leader.

Assessment Types

Formative assessment	Verbal and written feedback that takes place throughout classes and the programme.
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Summative assessment	Assessments throughout the year that are based on learning outcomes for the course and determine how well you have achieved each outcome. You are given grades and written feedback. These assessments may include practical tests and projects.
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The contents of the course work will be explained by the kaiako/tutor for each course. If at any point your kaiako/tutor or Programme Leader is concerned about your progress, they will let you know.

Academic Integrity

Ara requires ākonga/students to be honest and act with integrity in their learning and assessments.

You are required to:

- present your own original work for assessment
- acknowledge contributions from other sources by using the referencing format required for the programme (failure to do this correctly may be regarded as plagiarism); this includes direct copying, paraphrasing, summarising, and the rearranging of, another person's words or idea/s
- not cheat in tests or examinations
- ensure you follow all instructions and the correct procedures (e.g. no use of mobile phones or personal electronic devices)
- not enter into any agreements with other ākonga/students to collude on assignments
- collaborate only as permitted
- not over- or misrepresent the individual contributions of members of any group assignment
- not knowingly help others to cheat
- not present another person's assessment as your own (this includes purchased assessments)
- not act or behave in a way that prevents others from completing their assessments
- keep written and electronic work secure to prevent others from accessing and copying work.

Any exceptions to the above are clearly stated in the information and requirements for the course.

By enrolling at Ara, you agree to your work being reviewed by various means to confirm an assessment is your own work. This includes the use of similarity detection software.

Any breaches of academic integrity follow the process set out in the academic integrity procedures. For more detailed information, please refer to the [Academic Integrity Policy](#)

Presenting Your Work

Your kaiako/tutors will let you know if they have guidelines for presenting your assessments. Use a computer to create your assessments.

Submitting Your Work

Your kaiako/tutors will let you know if they have guidelines for how to submit your work. Use a computer to submit your assessments.

You may be required to submit your work manually or electronically. If you submit your work electronically, keep a copy until your official results are published at the end of the semester. If you have any questions, contact your Programme Leader.

Note: Ara uses, as part of its assessment processes, electronic plagiarism detection. You will, from time to time, be required to submit assessments for scanning. Electronic copies of assessments must be retained by you until the official results are published after the end of semester or year.

Quality Assurance

Your assessments and exam scripts may be used for internal and external moderation, monitoring, programme reviews, aegrotats, and the resolution of academic appeals and complaints. This helps Ara meet internal and external academic quality assurance requirements. If your assessments are used this way, before they are used, any information that could reasonably be expected to identify you will be removed.

The Grade Scale

The various assessments within a course will be combined according to the weightings shown in the course descriptor, and a grade for the course as a whole will be assigned from the table shown below. A "C-" grade and above represents a pass for the course.

The following grade scale (G29aa) will be used for all courses in the programme unless advised otherwise in the course descriptor:

Marked Grades

Grade	Mark range	Pass or fail
A+	90-100	Pass
A	85-89	Pass
A-	80-84	Pass
B+	75-79	Pass
B	70-74	Pass
B-	65-69	Pass
C+	60-64	Pass
C	55-59	Pass
C-	50-54	Pass
D	40-49	Fail
E	0-39	Fail

Other Grades

Other grades that may be awarded in particular circumstances for achievement-based courses include:

Course result	Grade	Description
Pass	Pass	Awarded pass and no appropriate grade can be awarded
Fail	Fail	Not passed and no appropriate grade can be awarded
Credit Transfer	CT	Course credit awarded by credit transfer
Cross Credit	CC	Course credit awarded by cross credit
Recognition of Prior Learning	P	Course credit awarded by Recognition of Prior Learning
Did not complete	DNC	Did not complete course requirements
Withdrawn	W	Formal withdrawal within the non-academic penalty period
Aegrotat	AEG	Awarded pass following consideration of impaired performance/aegrotat application. Where a grade can be determined AEG (Grade) will be recorded.
Restricted Pass	RP	Where a course was narrowly failed (45-49%) and is compensated by overall good performance in the relevant subject. It cannot be used to meet pre-requisite requirements.
Conceded Pass	CON	Where there is considerable evidence that marginal failure (45-49%) in one course is compensated by good overall performance. Only one conceded pass may be granted to ākonga/student towards a particular qualification.
Conditional Pass	CP	Where a course was narrowly failed (45-49%) and an agreed portion of work or assessment is to be completed.

Kā tikaka aromatawai - Assessment

All assessments are mandatory.

Extensions

If you anticipate difficulty in submitting assessments by the due time and date, you may be able to request an extension.

For information about how to apply for an extension of time, see [Assessment Policy](#) - scroll down and find **3.14 Extensions**. You can download the form from [Application for Extension of Time](#).

Late Submissions

A penalty of 10% is deducted from the percentage received for any late submission within the first 24 hours. An additional 10% is deducted for each 24-hour period thereafter until 5 calendar days have passed. After 6 days, a late submission will not be marked, and the assessment will be recorded as a non-submission.

Resits or resubmission of assessment tasks

If you have submitted and failed an assessment task, you may be able to apply for a resubmission or resit.

In this programme one resit or resubmission per course is allowed on failed results. A maximum of two resits or resubmissions may be used per year. The maximum mark awarded for a resit or resubmission is the minimum mark to pass the assessment.

For information about how to apply for a resit or resubmission, see [Assessment Policy](#) - scroll down and find **3.15 Resits and Resubmissions**. You can download the form from [Application for Resit or Resubmission](#).

Second Results (course level)

If you receive a fail grade in a course, you may be able to apply for a reassessment of the course.

For information about how to apply for a second result, see [Assessment Policy](#) - scroll down and find **3.16 Second Results**. You can download the form from [Application for Second Result](#).

Assessment in Te Reo Māori

You can request to have your assessments conducted in Te Reo Māori, except where the task requires English language or other language capability. Other exceptions may apply.

For information about how to apply for assessment in Māori see [Assessment Policy](#) - scroll down and find **3.4 Assessment in Te Reo Māori**.

Marks Carried Forward

You may be able to apply to carry marks forward for completed assessments to the next available occurrence of the course and not redo those assessments.

For information about how to apply for marks carried forward, see [Assessment Policy](#) - scroll down and find **3.18 Marks Carried Forward**. You can download the form from [Marks Carried Forward Application form](#).

Supported Assessment

You may be able to apply for special assistance to undertake an assessment.

For more information about how to apply for additional assessment arrangements for disabled ākonga/students, see [Assessment Policy](#) - scroll down and find **3.19 Procedures for additional assessment arrangements for disabled learners**.

Recognising Prior Knowledge and Skills

If you believe that a qualification, course or unit standard you have previously completed at a recognised educational institution, or work/life experience, may be relevant to the qualification you are studying, you could apply for recognition of your prior knowledge and skills.

The previous grade is carried forward for any Cross Credit or Credit Transfer, and the Pass (P) grade given where a standard grade cannot be stated.

For information about how to apply for credit recognition, see [Credit Recognition](#). You can download the form from [Credit Recognition Application](#).

Alternative Arrangements

If you are unable to sit a test or exam on the scheduled date, or complete an assessment on the due date, you may be able to apply for an alternative assessment.

For information about challenging academic decisions (reconsideration), see [Assessment Policy](#) - scroll down and find **3.13 Alternative Assessment Arrangements**. You can download the form from [Application for Alternative Time for Test / Exam](#).

Aegrotat

You may be able to apply for an aegrotat when illness, injury, bereavement, childbirth, or other unforeseen critical circumstances occur on or immediately prior to the day of assessment and prevent you from attending the assessment or seriously impair your performance during the assessment itself.

For information about these regulations, see [Aegrotat Pass Regulations](#). You can download the form from [Aegrotat Application](#) and the Practitioner Statement form from [Aegrotat Practitioner Statement](#).

Reconsideration of Assessment Decisions

If you have reason to believe that the mark for a particular assessment is incorrect you may be able to apply for a reconsideration.

For information about challenging academic decisions (reconsideration), see Challenging Academic Decisions (Reconsideration) [Assessment Policy](#) - scroll down and find **3.20 Reconsiderations and Appeals**. You can also refer to [Reconsiderations and Appeals](#).

Reconsideration of a Course Final Grade

If you have reason to believe that the grade for a particular assessment is incorrect you may be able to apply for a reconsideration.

For information about challenging academic decisions (reconsideration), see Challenging Academic Decisions (Reconsideration) [Assessment Policy](#) - scroll down and find **3.20 Reconsiderations and Appeals**. You can also refer to [Reconsiderations and Appeals](#).

Appeal of Reconsideration Decision

If you consider that the outcome of the reconsideration process is incorrect or unfair, or a reconsideration is not available, you may appeal against the final grade awarded.

For information about challenging academic decisions (reconsideration), see [Assessment Policy](#) - scroll down and find **3.20 Reconsiderations and Appeals**. You can also refer to [Reconsiderations and Appeals](#).

Conceded Pass

You may qualify for a conceded pass if you marginally fail a course.

For information about conceded passes, see [Assessment Policy](#) - scroll down and find **3.17 Conceded Pass**.

Kā putaka me te Whakapōtaetaka - Results & Graduation

Accessing Your Results

Results of assessments will be returned to you within ten (10) working days of your assessment due date. These results may be returned to you in class or online.

Final grades for each course will be available online within fifteen (15) working days of the end date of the course and accessible through [MyAra](#) or through the MyAra app.

Any results displayed publicly will use unique identifiers such as ākonga/student ID numbers, not ākonga/student names.

Note: Kaimahi/staff members are under no obligation to advise you of your final grade for a course. After you have completed all the assessments in a course, we ask that you allow the kaimahi/staff time to complete the marking. At the end of semester kaimahi/staff members are under considerable pressure to submit final results to Academic Records so that they can be processed and then made available to all learners as soon as possible.

Academic Transcripts

If you require your results to be printed, visit Central Academic Records (CAR) in A121 or email academic.records@ara.ac.nz to request a transcript.

Access to marked assessments

You are entitled to access your written work submitted for assessment.

Where assessed work is to be returned, time limits for collection will be advised by the faculty.

You may view copies of your examinations, but these are retained by Ara. Any time or access limitations will be advised by the faculty.

Please note that to meet internal and external academic quality assurance requirements, ākonga/student assessments and examination scripts may be used for the purposes of:

- internal and external moderation
- programme review
- aegrotats (if available)
- resolution of academic appeals and complaints

Assessments used for these purposes will have information, which could reasonably be expected to identify the individual removed before they are copied and used.

Receiving Your Qualification

Once you have successfully completed your approved programme of study you will receive a notification advising you that your certificate is ready and will be posted to you.

Note: Please make sure your address details are up to date when you finish studying. Advise Academic Records if you are updating your address details after you receive the notification, so the correct address is used.

Graduation

We hold several graduation ceremonies per year.

If you're eligible to graduate, you'll receive a communication from Ara advising you of this. You'll need to complete the online graduation registration form, by the date indicated, to register for your ceremony.

Note: If you believe you are entitled to graduate and do not hear from Ara, please contact the Operations Administrator in S171 or Academic Records.

For all information on graduation, including dates, please see [Graduation](#).

Kā Ture me kā Tikaka - Policies & Procedures

Academic Policies

All policies are accessible on the Ara website [Ara Policy Library](#). Ara provides a student advocacy service.

It is well known that people learn better when they work together, and this is encouraged, but when it comes to assessment, collaboration (working together) is not permitted unless it is a formal part of the assignment set by the kaiako/tutor(s). You are also responsible for making sure your work is not able to be copied by others. Sharing or comparing tests, exams and assessments is prohibited and, if detected, will be treated as “academic misconduct”.

Academic Support and Progression

Support is available if you, as an ākonga/student, are having difficulty meeting academic standards or you seek guidance, assistance or support with study related matters.

If you are not achieving satisfactorily, you will receive specifically targeted advice and assistance at an early stage.

Academic kaimahi/staff members will work with you if you are not meeting academic standards to document and implement a plan. This will include identifying and monitoring goals, expected academic progress, timelines and support.

If satisfactory progress is not made then you will be invited to meet with the Dean or their delegate, who will explain the circumstances, discuss the consequences, and give you the opportunity to present your view of events leading up to the meeting. Depending on the outcome of the meeting, a Formal Academic Contract may be entered into.

Formal Academic Contract

If your progress as an ākonga/student in a current course is still considered by kaiako/tutors to not be satisfactory, you will be invited to a meeting and advised in writing by the Dean or delegate.

The Formal Academic Contract will record the deficiencies or concerns, the progress which must be met, any assistance available, the time within which

progress or change must be demonstrated, and the method and criteria by which such progress or change will be measured.

For more information about Academic Support and Progression, see [Academic Support and Progression](#) - scroll down and find **3.3 Formal Academic Contract**.

Academic Misconduct

Cheating, plagiarism and other dishonest academic practices have serious consequences in this programme and if you fail to meet academic standards you, as an ākonga/student, may be subject to educative processes or penalties.

Plagiarism

Copying, taking or using someone else's work or ideas and presenting them as if they were your own original work or thought, without clear acknowledgement of the actual source.

Use of Artificial Intelligence (AI) Tools

Generative Artificial Intelligence (AI) services such as ChatGPT can be used for learning. When submitting work for assessment, you must adhere to Ara's Assessment and Academic Misconduct policies. In relation to AI, this means:

- You must not present any output from any AI services as your own work in your assessment.
- You must use your own words.
- If you paraphrase or quote from a source such as a textbook, website, and AI service, you must reference correctly.

If you submit an assessment using content copied directly from an AI service without acknowledgement, it is a form of academic misconduct.

Cheating

Acting deceitfully or dishonestly to gain academic recognition or an academic result. Examples include copying answers from another person's work, taking useful information secretly into a test or exam, improperly accessing information about questions and/or answers, arranging for someone else to produce an assignment or to sit a test or exam.

Dishonest Academic Practice

Any other act or omission that contravenes Ara academic requirements of a programme or course.

Educative Processes

These are actions designed to assist you, as an ākonga/student, in understanding the expected standards and skills needed to succeed and may include:

- a facilitated discussion with an appropriate kaimahi/staff member
- a formal contract with Learning Services or other appropriate kaimahi/staff member for skills development including specific learning outcomes and timeframes
- additional work may be required
- a formal written warning may be given, or marks deducted.

Penalties

These are actions designed to deter misconduct and/or deal with the consequences of it in a fair and appropriate way and may include:

- a decision not to mark or assess the work or record a mark/grade
- formally recorded fail/zero for the work concerned which remains on your academic record
- cancellation of credit already awarded if the academic misconduct is admitted/established after assessments have been completed and recorded
- formal notice indicating 'Intentional Plagiarism' (or other misconduct) placed on academic record for a specified period of time
- formal written warning
- probation or suspension from the programme or other penalty.

Learner Behaviour Management

If you are identified as ākonga/student who displays unacceptable behaviour the faculty will monitor your progress and provide support at the earliest stage. This may include referral to Student Support Services to ensure additional support is provided to you.

If you do not respond you may be placed on a behaviour improvement plan. This will include identifying, documenting, implementing, and monitoring goals,

expected behavioural progress, timelines, and support. If you do not meet the outcomes outlined in the behaviour management plan, you may be moved to probation.

Probation

If your behaviour, as an ākonga/student, is unacceptable and of concern to kaimahi/staff or other ākonga/students, you will be advised of this in writing by the Dean. This written warning is known as “probation”.

The written advice must briefly record the deficiencies or concerns, the progress or standards of behaviour which must be met, any assistance available, the time within which progress or change must be demonstrated, and the method and criteria by which such progress or change will be measured.

The progress or change required should be reasonable and the criteria for assessing whether the progress or change has been achieved should be easily understood and capable of being clearly demonstrated.

The written advice must include the warning that failure to make progress or achieve change may lead to suspension and/or cancellation of current enrolment(s) and/or refusal of future enrolment(s).

These requirements are known as the “terms and conditions of probation”.

For more information about probation, see [Probation](#) - scroll down and find **3.4 Probation**.

Exclusion

An exclusion may apply to one or more specified courses, a whole programme, or all enrolment at Ara. An exclusion may also apply to one or more specified services or facilities.

Suspension

Suspension is a short-term exclusion and is the formal process by which you, as ākonga/student, are temporarily prohibited from attending classes in one or more courses and/or are refused access to one or more services/facilities provided by Ara. In serious circumstances a Trespass Notice may also be issued.

Cancellation of Enrolment

Ara may cancel your enrolment as ākonga/student on any of the Education Act (1989) grounds:

- The person is not of good character.
- The person has been guilty of misconduct or a breach of discipline.
- The person is enrolled for full-time instruction in another institution or in a school.
- The person has made insufficient progress in the person's study or training after a reasonable trial at the institution or at another institution.

The decision to cancel or refuse an enrolment may be made only by the Chief Executive or nominee.

Failure to meet the terms and conditions of Academic Contract and/or probation may lead to exclusion.

When a cancellation is being considered, the Dean must invite you to an interview.

Refusal of Future Enrolment

Any person may, for good reason and on good evidence, be refused enrolment at Ara generally or in a particular programme or course only by the Chief Executive or by their nominee under specific delegation.

Enrolment may be refused on any of the Education Act (1989) grounds.

Failure to meet the terms and conditions of probation may lead to exclusion.

The Dean must forward a recommendation to the Chief Executive that the person's application(s) to enrol be refused. The recommendation must state which of the Education Act (1989) grounds is the basis of the recommendation and must include the supporting evidence.

For more information about Exclusion, including Appeal Rights and Other Rights, see [Exclusion](#) - scroll down and find **3.4 Refusal of Enrolment**.

Copyright and Ara Ākonga/students

Copyright legislation exists to protect copyright owners from unauthorised copying of their work (literary, dramatic, musical, and artistic) and provides them with exclusive rights to how their work is used.

During your study with us we will endeavour to educate you on copyright use, including referencing, approved copying, and proper use of electronic material and downloadable music.

Infringement of copyright regulations may result in civil or criminal prosecution against you, as the ākonga/student, and/or Ara. Infringement by you, as an ākonga/student, may also be considered academic misconduct and result in penalties.

For more information about Copyright, see [Copyright](#).

Kā tū whare me kā rauemi

Facilities and resources



Kā Tū Whare – Facilities

Health and Safety relating to exercise

- Prior to using the gym facility all ākonga/students must complete a PAR-Q (physical activity readiness questionnaire) prior to exercise.
- Ākonga/students will be shown how to safely use equipment and exercise.
- During classes involving exercise, ākonga/students must wear appropriate clothing and be supervised at all times.
- Any ākonga/student with an injury or medical condition that is contraindicated for exercise must inform kaimahi/staff prior to any practical session.
- Ākonga/students must keep the environment safe and adhere to Ara's ākonga/student code of conduct.
- Filming or photos are not permitted in the gym unless approved by a kaimahi/staff member.

Appendix 1

Equipment Requirements

Gym Access

The following courses require students to access a gym

ASEP500 Exercise Prescription and Programming

It is recommended ākonga/students join the Ara Recreation Centre, however this is not compulsory.

ASAT610 Advanced Training for Strength and Power

It is recommended ākonga/students join the Ara Recreation Centre, however this is not compulsory.

Ākonga/students enrolled in the Bachelor of Applied Science may be eligible to claim course-related costs through StudyLink to support an Ara gym membership. Several sport and health courses within the programme include practical components that require access to facilities.

It is well known that physical activity and nutrition are interrelated key factors in overall health, with these lifestyle behaviours taught across sport, health, and nutrition courses. As such, ākonga/students studying these courses may voluntarily choose to claim course-related costs via StudyLink for an Ara gym membership. While a gym membership is not a compulsory requirement, it is recognised as beneficial in supporting the practical and applied learning outcomes of these courses.

Textbook List

Year One

COMPULSORY COURSES FOR ALL SPECIALISATIONS

ASAP510 Anatomy and Physiology

Recommended Text

Tortora, G. J., & Derrickson, B. *Principles of anatomy and physiology. Asia Pacific Edition*. Hoboken, NJ: John Wiley & Sons.

ASIN510 Introduction to Nutrition

Recommended Text

Year One

Whitney, E., Rolfes, S. R., Crowe, T., Cameron-Smith, D., & Walsh, A.
Understanding nutrition: Australian and New Zealand Edition. North Shore, New Zealand: Cengage.

ASCM510 Professional Communication

Recommended Text and Resource TBA

BMSH518 Wānaka Hauora

Recommended Text and Resource TBA

ASPH500 Pacific Culture and Health

Recommended Text TBA

COMPULSORY COURSES FOR SPORT AND EXERCISE SPECIALISATION

ASCT500 Coaching Theory and Practice

Recommended Text

Weinberg, R. S., & Gould, D. *Foundations of sport and exercise psychology*.
Champaign, IL: Human Kinetics.

ASEP500 Exercise Prescription and Programming *See gym access on the
first page of this appendix.

Recommended Texts

American College of Sports Medicine. *Guidelines for exercise testing and
prescription*. Hagerstown, MD: Lippincott, Williams & Wilkins.

Haff, G. and Triplett, T. *The Essentials of Strength Training & Conditioning*.
Human Kinetics Publishers, Champaign, IL, USA.

ASSA510 Biomechanics and Performance Analysis

Recommended Text

McGinnis, P. M. *Biomechanics of sport and exercise*. Champaign, IL: Human
Kinetics.

COMPULSORY COURSES FOR HEALTH PROMOTION SPECIALISATION

ASHP510 Health Promotion 1

Recommended Texts

Snelling, A. *Introduction to health promotion*. Wiley.

Year One

Signal, L. & Ratima, M. *Promoting Health in Aotearoa New Zealand*. Otago University Press

McKinnon, M. *Health Promotion: a practical guide to effective communication*. Cambridge University Press

ASFE510 People, Food and Environment

Recommended Text and Resource TBA

ASEP500 Exercise Prescription and Programming *See gym access on the first page of this document.

Recommended Texts

American College of Sports Medicine. *Guidelines for exercise testing and prescription*. Hagerstown, MD: Lippincott, Williams & Wilkins.

Haff, G. and Triplett, T. *The Essentials of Strength Training & Conditioning*. Human Kinetics Publishers, Champaign, IL, USA.

COMPULSORY COURSES FOR HUMAN NUTRITION SPECIALISATION

ASCH510 Introductory Chemistry

Recommended Text and Resource TBA

ASBC510 Biochemistry

Recommended Text and Resource TBA

ASFE510 People, Food and Environment

Recommended Text and Resource TBA

Year Two

COMPULSORY COURSES FOR ALL SPECIALISATIONS

ASRE610 Research Design and Statistics

Recommended Text

Thomas, Nelson & Silverman. *Research Methods in Physical Activity*. E-version available at library.

ASWP610 Industry Practicum 1

Resources on Moodle

Year Two

ASPT610 Professional Practice

Recommended Text and Resource TBA

COMPULSORY COURSE FOR SPORT AND EXERCISE and HEALTH PROMOTION SPECIALISATIONS

ASHD610 Exercise and Health Psychology

Recommended Text TBA

COMPULSORY COURSE FOR HEALTH PROMOTION SPECIALISATION

ASNP610 Nutrition Psychology

Recommended Text TBA

COMPULSORY COURSE FOR HEALTH PROMOTION and HUMAN NUTRITION SPECIALISATIONS

ASHP610 Health Promotion 2

Recommended Texts

Snelling, A. *Introduction to health promotion*.

Signal, L. & Ratima, M. *Promoting Health in Aotearoa New Zealand*.

McKenzie, J.F., Neiger, B.L. & Thackeray, R. *Planning, implementing & evaluating health promotion programs*. Pearson.

McKinnon, M. *Health Promotion: a practical guide to effective communication*.

COMPULSORY COURSES FOR SPORT AND EXERCISE SPECIALISATION

ASPA610 Advanced Training for Endurance

Recommended Text

McArdle, W. D., Katch, F. I., & Katch, V. L. *Exercise physiology: Nutrition, Energy and Human Performance*. Baltimore, MD: Lippincott Williams & Wilkins.

ASSA610 Applied Biomechanics and Coaching

Recommended Text TBA.

ASAS610 Sport Sociology and Psychology

Recommended Text

Weinberg, R. S., & Gould, D. *Foundations of sport and exercise psychology*. Champaign, IL: Human Kinetics.

Year Two

ASAT610 Advanced Training for Strength and Power*

Recommended Text

Haff, G. and Triplett, T. *The Essentials of Strength Training & Conditioning*. Human Kinetics Publishers, Champaign, IL, USA.

*See gym access on the first page of this appendix.

COMPULSORY COURSES FOR HUMAN NUTRITION SPECIALISATION

ASMH610 Macronutrients and Health

Recommended Text and Resource

Year 1 textbook

ASNH610 Micronutrients and Health

Recommended Text and Resource

Year 1 textbook

ASHP510 Health Promotion 1

Recommended Texts

Snelling, A. *Introduction to health promotion*.

Signal, L. & Ratima, M. *Promoting Health in Aotearoa New Zealand*.

McKinnon, M. *Health Promotion: a practical guide to effective communication*.

ASNS600 Nutrition for Sport and Exercise

Recommended Text and Resource TBA

Year Three

COMPULSORY COURSE FOR ALL SPECIALISATIONS

ASWP710 Industry Practicum 2

Recommended Text and Resource TBA

COMPULSORY COURSES FOR SPORT AND EXERCISE and HEALTH PROMOTION SPECIALISATIONS

ASAR710 Adapted Physical Activity and Rehabilitation

Recommended Text and Resource TBA

Year Three

ASSM710 Event Planning and Management

Recommended Text TBA

COMPULSORY COURSES FOR HEALTH PROMOTION SPECIALISATION

ASDP710 Health Promotion for Diverse Populations

Resources provided on Moodle

ASHP710 Health Promotion 3

Recommended Texts and Resources

Snelling, A. *Introduction to health promotion*.

Signal, L. & Ratima, M. *Promoting Health in Aotearoa New Zealand*.

McKenzie, J.F., Neiger, B.L. & Thackeray, R. *Planning, implementing & evaluating health promotion programs*. Pearson.

McKinnon, M. *Health Promotion: a practical guide to effective communication*.

Additional resources provided on Moodle

ASPN710 Public Health Nutrition

Required Text and Resource TBA

COMPULSORY COURSES FOR SPORT AND EXERCISE SPECIALISATION

ASEP710 Special Topics in Sports, Recreation and Exercise

Recommended Text

Haff, G. and Triplett, T. *The Essentials of Strength Training & Conditioning*. Human Kinetics Publishers, Champaign, IL, USA.

ASNS600 Nutrition for Sport and Exercise

Recommended Text TBA

ASPE710 Advanced Psychology of Sport and Exercise

Recommended Text

Weinberg, R. S., & Gould, D. *Foundations of sport and exercise psychology*. Champaign, IL: Human Kinetics.

COMPULSORY COURSES FOR HUMAN NUTRITION SPECIALISATION

ASPH711 Phytonutrients & Health

Recommended Text and Resource TBA

Year Three

ASHP610 Health Promotion 2

Recommended Texts

Snelling, A. *Introduction to health promotion*.

Signal, L. & Ratima, M. *Promoting Health in Aotearoa New Zealand*.

McKenzie, J.F., Neiger, B.L. & Thackeray, R. *Planning, implementing & evaluating health promotion programs*. Pearson.

McKinnon, M. *Health Promotion: a practical guide to effective communication*.

ASND710 Nutrition and Disease

Recommended Text and Resource TBA

ASPN710 Public Health Nutrition

Recommended Text and Resource TBA

Disclaimer:

All care and attention have been given to ensure the information in this document is accurate at the time of publishing. Ara does not take responsibility for any loss or harm incurred as a result of reliance upon any information which is incorrect or out of date. This document was last updated on 7 October 2026.



Want to find out more?

For details and information about making the most of your study at Ara, visit **www.myara.ac.nz** or get the **downloadable app**.

Get in touch if you have any questions: **0800 24 24 76 | info@ara.ac.nz**