The Degree of Bachelor of Sport Coaching (BSpC – 360 points)

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

1. Version

These Regulations came into force on 1 January 2020.

2. Variations

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

3. The structure of the qualification

To qualify for the Bachelor of Sport Coaching a student must:

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

4. Admission to the qualification

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

5. Subjects

(a) A major consists of:
    i. a minimum of 120 points from a single subject area;
    ii. of these 120 points:
        a. at least 45 points must be at 200-level; and
        b. at least 60 points must be at 300-level.
(b) A minor consists of a minimum of:
    i. 75 points from a single subject area; and
    ii. at least 30 points at 200-level or above; and
    iii. at least 15 points at 300-level.
(c) The major subjects are listed in Schedule S Group 1 to these regulations and the minor subjects are listed in Schedule S Group 2 to these regulations or those minors provided for in the General Conditions for Credit Regulations.
(d) Any given course may contribute to only one major or minor, or to the BSpC core.

6. Time limits

The qualification adheres to the General Regulations for the University with a time limit of 6 years.

7. Transfers of credit, substitutions and cross-credits

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

8. Progression

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

9. Honours, Distinction and Merit

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

10. Exit and Upgrade Pathways to other Qualifications

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

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

11. Disclosure of charges and convictions

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

12. Completion of non-academic requirements

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

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

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

The following information outlines the compulsory core course requirements.

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO101	Introduction to Sport Coaching	15	S1	Distance Learning	
			S1	Campus	
SPCO102	Theoretical Foundations of Coaching and Teaching	15	S2	Campus	
			S2	Distance Learning	
SPCO104	Anatomy and Physiology	15	S2	Campus	R: TEPE102
			S2	Distance Learning	
SPCO105	Sport, History and Society	15	S1	Campus	R: TEPE204, TEPE105
			S1	Distance Learning	
SPCO110	Practicum 1	15	S1	Distance Learning	P: 1) Enrolment in BSpC degree, or 2) Approval of Programme Coordinator based on police vetting C: SPCO101 R: EDSP130
			S1	Campus	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO208	Sport and Culture in Aotearoa New Zealand	15	S2	Campus	P: Any 60 points at 100-level from any subject
			S2	Distance Learning	
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	

Either

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO201	Learner-Centred Teaching and Coaching	15	S2	Campus	P: Any 60 points at 100-level from any subject
			S2	Distance Learning	

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO302	Skill Acquisition in Sport	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO320	Internship	15	A	Campus	P: Successful completion of required 100-level and 200-level courses from the Sport Coaching schedule
			A	Distance Learning	
			W	Campus	
			W	Distance Learning	

Total: 135 points

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

Group 1: Major Requirements

Double majors

Double majors may be completed in any combination of the majors of the Bachelor of Sport Coaching degree. For any double major combination, SPCO320 must be in one or more of the major areas.

In the case of a double major in Performance Analysis and Sport Leadership and Management, where the course SPCO210 Practicum 2 is common to both majors, an additional course, either SPCO224 Sport Management or SPCO223 Sport Psychology 2 is required.

Performance Analysis

100-level

Either:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO103	Sport Psychology	15	S2	Campus	
			S2	Distance Learning	

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
STAT101	Statistics 1	15	SU2	Campus	R: STAT111, STAT112, DIGI103 EQ: STAT111, STAT112, DIGI103
			S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
HLTH110	Epidemiology	15	S2	Campus	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO204	Biomechanics	15	S1	Campus	P: Any 60 points at 100-level from any subject R: TEPE202
			S1	Distance Learning	
SPCO210	Practicum 2	15	W	Campus	P: SPCO110 and approval based on police vetting. R: EDSP230
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	
SPCO231	Introduction to Performance Analysis	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO304	Applied Biomechanics	15	S2	Campus	P: SPCO204, or 30 points at 100-level MATH or PHYS and approval from Programme Coordinator.
			S2	Distance Learning	
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	
SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	
SPCO332	Applied Performance Analysis	15	S2	Campus	P: SPCO231
			S2	Distance Learning	

Total: 120 points

Physical Education

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
HLED121	Introduction to Health Education	15	S1	Campus	
SPCO126	Land Journeys and Ethics	15	S2	Campus	R: TEPE112

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
EDUC206	Education and Society: Ideals and Realities	15	S2	Distance Learning	P: 30 points in EDUC or YACL, or 45 points of ANTH, CULT, HIST, POLS, SOCI, SPCO, or permission of the Head of School R: EDUC220
			S2	Campus	
SPCO204	Biomechanics	15	S1	Campus	P: Any 60 points at 100-level from any subject R: TEPE202
			S1	Distance Learning	

Either:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
HLED222	Sexualities Education	15	S2	Campus	P: HLED121 or HLED122 or HLTH101

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO222	Analysis of Expeditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO226	Rock Climbing Contexts and Techniques	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO. R: TEPE110

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO227	Paddle Sport Contexts and Techniques	15	NO		P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO. R: TEPE111

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
EDUC315	Educating for Diversity	30	S2	Campus	P: EDUC206 or 30 points at 200-level of EDUC, ANTH, CULT, SOCI, POLS, HIST, or YACL, or by permission of the Head of School R: EDUC215 completed before 2000
			S2	Distance Learning	
SPCO334	The Body, Movement, and Well-being	15	NO		P: SPCO208
SPCO335	Learning through Sport and Exercise Science	15	S1	Campus	P: SPCO209
			S1	Distance Learning	
SPCO336	Physical Education Curriculum in Action	15	S2	Campus	P: SPCO208
			S2	Distance Learning	

Total: 150 points

Sports Leadership and Management

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
MGMT100	Fundamentals of Management	15	S1	Campus	R: MGMT101
			S2	Campus	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO207	Ethics in Sport	15	S2	Campus	P: Any 60 points at 100-level from any subject
			S2	Distance Learning	
SPCO210	Practicum 2	15	W	Campus	P: SPCO110 and approval based on police vetting. R: EDSP230
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	

Either:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO224	Sport Management	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
MGMT206	Organisational Behaviour	15	S1	Campus	P: (1) MGMT100; and (2) A further 45 points R: MGMT201, MGMT216 EQ: MGMT216

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
MGMT208	Principles of Leadership	15	NO		P: (1) MGMT100; and (2) A further 45 points

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO301	Sport Coaching and Leadership	15	S2	Campus	P: SPCO201
			S2	Distance Learning	
SPCO305	Sociology of Sport	15	S1	Campus	P: SPCO208
			S1	Distance Learning	
SPCO308	Inclusive Practice in Teaching and Coaching	15	S1	Campus	P: Any 30 points at 200-level from SPCO. R: EDSP285
			S1	Distance Learning	
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	

Total: 120 points

Sport Science

Students must complete eight courses (120 points) from the following list, which must include 60 points at 300-level.

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO103	Sport Psychology	15	S2	Campus	
			S2	Distance Learning	
SPCO107	Sport Nutrition	15	S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO204	Biomechanics	15	S1	Campus	P: Any 60 points at 100-level from any subject R: TEPE202
			S1	Distance Learning	
SPCO221	Injury and Rehabilitation	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

SPCO223	Applied Sport Psychology	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO
			S1	Distance Learning	
SPCO231	Introduction to Performance Analysis	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO241	Introduction to Strength and Conditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level in SPCO.
			S1	Distance Learning	
SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO304	Applied Biomechanics	15	S2	Campus	P: SPCO204, or 30 points at 100-level MATH or PHYS and approval from Programme Coordinator.
			S2	Distance Learning	
SPCO309	Applied Exercise Physiology	15	S1	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S1	Distance Learning	
SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	
SPCO332	Applied Performance Analysis	15	S2	Campus	P: SPCO231
			S2	Distance Learning	
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

Total: 120 points

Strength and Conditioning with Nutrition

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO107	Sport Nutrition	15	S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO221	Injury and Rehabilitation	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO241	Introduction to Strength and Conditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level in SPCO.
			S1	Distance Learning	
SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO309	Applied Exercise Physiology	15	S1	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S1	Distance Learning	
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

Total: 120 points

Group 2: Minoring Requirements

Adventure Sport and Environment

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO126	Land Journeys and Ethics	15	S2	Campus	R: TEPE112

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO222	Analysis of Expeditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
SPCO226	Rock Climbing Contexts and Techniques	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO. R: TEPE110
SPCO227	Paddle Sport Contexts and Techniques	15	NO		P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO. R: TEPE111

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO326	Rock Climbing Leadership	15	S2	Campus	P: Any 60 points at 200-level from any subject. R: TEPE210

One of the courses above at 100 or 200-level may be substituted with one of the following courses with approval of the Kairuruku Hōtaka | Programme Coordinator:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO107	Sport Nutrition	15	S2	Campus	
			S2	Distance Learning	
SPCO224	Sport Management	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	
SPCO231	Introduction to Performance Analysis	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

Total: 75 points

Nutrition

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO107	Sport Nutrition	15	S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

Plus two courses from the following:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO223	Applied Sport Psychology	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO
			S1	Distance Learning	
SPCO241	Introduction to Strength and Conditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level in SPCO.
			S1	Distance Learning	
SPCO309	Applied Exercise Physiology	15	S1	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S1	Distance Learning	

Total: 75 points

Performance Analysis

100-level

Either:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO103	Sport Psychology	15	S2	Campus	
			S2	Distance Learning	

or

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
STAT101	Statistics 1	15	SU2	Campus	R: STAT111, STAT112, DIGI103 EQ: STAT111, STAT112, DIGI103
			S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO204	Biomechanics	15	S1	Campus	P: Any 60 points at 100-level from any subject R: TEPE202
			S1	Distance Learning	
SPCO231	Introduction to Performance Analysis	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	

Plus one of the following courses:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO103	Sport Psychology	15	S2	Campus	
			S2	Distance Learning	
SPCO223	Applied Sport Psychology	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO
			S1	Distance Learning	
SPCO332	Applied Performance Analysis	15	S2	Campus	P: SPCO231
			S2	Distance Learning	
STAT101	Statistics 1	15	SU2	Campus	R: STAT111, STAT112, DIGI103 EQ: STAT111, STAT112, DIGI103
			S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	

Total: 75 points

Sport Science

A student must complete five courses (75 points) from the following list, which must include at least 45 points above 200-level and at least 15 points at 300-level.

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO103	Sport Psychology	15	S2	Campus	
			S2	Distance Learning	
SPCO107	Sport Nutrition	15	S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO204	Biomechanics	15	S1	Campus	P: Any 60 points at 100-level from any subject R: TEPE202
			S1	Distance Learning	
SPCO221	Injury and Rehabilitation	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO223	Applied Sport Psychology	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO
			S1	Distance Learning	
SPCO231	Introduction to Performance Analysis	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

SPCO241	Introduction to Strength and Conditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level in SPCO.
			S1	Distance Learning	
SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO304	Applied Biomechanics	15	S2	Campus	P: SPCO204, or 30 points at 100-level MATH or PHYS and approval from Programme Coordinator.
			S2	Distance Learning	
SPCO309	Applied Exercise Physiology	15	S1	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S1	Distance Learning	
SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	
SPCO332	Applied Performance Analysis	15	S2	Campus	P: SPCO231
			S2	Distance Learning	
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

Total: 75 points

Strength and Conditioning

100-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO107	Sport Nutrition	15	S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO241	Introduction to Strength and Conditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level in SPCO.
			S1	Distance Learning	
SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO309	Applied Exercise Physiology	15	S1	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S1	Distance Learning	
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	

One of the 300-level courses above may be substituted with the following course, with approval from the Kairuruku Hōtaka | Programme Coordinator:

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	

Total: 75 points

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

Course Code	Course Title	Pts	2023	Location	P/C/R/RP/EQ
MGMT100	Fundamentals of Management	15	S1	Campus	R: MGMT101
			S2	Campus	
MGMT208	Principles of Leadership	15	NO		P: (1) MGMT100; and (2) A further 45 points
SPCO101	Introduction to Sport Coaching	15	S1	Distance Learning	
			S1	Campus	
SPCO102	Theoretical Foundations of Coaching and Teaching	15	S2	Campus	
			S2	Distance Learning	
SPCO103	Sport Psychology	15	S2	Campus	
			S2	Distance Learning	
SPCO104	Anatomy and Physiology	15	S2	Campus	R: TEPE102
			S2	Distance Learning	
SPCO105	Sport, History and Society	15	S1	Campus	R: TEPE204, TEPE105
			S1	Distance Learning	
SPCO107	Sport Nutrition	15	S2	Campus	
			S2	Distance Learning	
SPCO110	Practicum 1	15	S1	Distance Learning	P: 1) Enrolment in BSpC degree, or 2) Approval of Programme Coordinator based on police vetting C: SPCO101 R: EDSP130
			S1	Campus	
SPCO126	Land Journeys and Ethics	15	S2	Campus	R: TEPE112
SPCO201	Learner-Centred Teaching and Coaching	15	S2	Campus	P: Any 60 points at 100-level from any subject
			S2	Distance Learning	

SPCO204	Biomechanics	15	S1	Campus	P: Any 60 points at 100-level from any subject R: TEPE202
			S1	Distance Learning	
SPCO207	Ethics in Sport	15	S2	Campus	P: Any 60 points at 100-level from any subject
			S2	Distance Learning	
SPCO208	Sport and Culture in Aotearoa New Zealand	15	S2	Campus	P: Any 60 points at 100-level from any subject
			S2	Distance Learning	
SPCO209	Exercise Physiology	15	S1	Campus	P: SPCO104 R: SPCO206, TEPE203, TEPE103
			S1	Distance Learning	
SPCO210	Practicum 2	15	W	Campus	P: SPCO110 and approval based on police vetting. R: EDSP230
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	
SPCO221	Injury and Rehabilitation	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO222	Analysis of Expeditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
SPCO223	Applied Sport Psychology	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO
			S1	Distance Learning	
SPCO224	Sport Management	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	
SPCO226	Rock Climbing Contexts and Techniques	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO. R: TEPE110
SPCO227	Paddle Sport Contexts and Techniques	15	NO		P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO. R: TEPE111
SPCO231	Introduction to Performance Analysis	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO232	Motor Learning and Performance	15	NO		P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
SPCO241	Introduction to Strength and Conditioning	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level in SPCO.
			S1	Distance Learning	
SPCO242	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S2	Distance Learning	
SPCO301	Sport Coaching and Leadership	15	S2	Campus	P: SPCO201
			S2	Distance Learning	

SPCO302	Skill Acquisition in Sport	15	S1	Campus	P: Any 60 points at 100-level from any subject, or any 15 points at 100-level from SPCO.
			S1	Distance Learning	
SPCO304	Applied Biomechanics	15	S2	Campus	P: SPCO204, or 30 points at 100-level MATH or PHYS and approval from Programme Coordinator.
			S2	Distance Learning	
SPCO305	Sociology of Sport	15	S1	Campus	P: SPCO208
			S1	Distance Learning	
SPCO308	Inclusive Practice in Teaching and Coaching	15	S1	Campus	P: Any 30 points at 200-level from SPCO. R: EDSP285
			S1	Distance Learning	
SPCO309	Applied Exercise Physiology	15	S1	Campus	P: 1) SPCO209 or 2) SPCO206 R: SPCO306 TEPE309 EQ: TEPE309
			S1	Distance Learning	
SPCO310	Practicum 3	15	W	Campus	P: SPCO210 or SPCO241
			W	Distance Learning	
			A	Campus	
			A	Distance Learning	
SPCO320	Internship	15	A	Campus	P: Successful completion of required 100-level and 200-level courses from the Sport Coaching schedule
			A	Distance Learning	
			W	Campus	
			W	Distance Learning	
SPCO326	Rock Climbing Leadership	15	S2	Campus	P: Any 60 points at 200-level from any subject. R: TEPE210
SPCO331	Performance Analysis 2: Tools and Techniques	15	S1	Campus	P: SPCO231
			S1	Distance Learning	
SPCO332	Applied Performance Analysis	15	S2	Campus	P: SPCO231
			S2	Distance Learning	
SPCO334	The Body, Movement, and Well-being	15	NO		P: SPCO208
SPCO335	Learning through Sport and Exercise Science	15	S1	Campus	P: SPCO209
			S1	Distance Learning	
SPCO336	Physical Education Curriculum in Action	15	S2	Campus	P: SPCO208
			S2	Distance Learning	
SPCO341	Strength and Conditioning for Sports Performance	15	S2	Campus	P: SPCO241
			S2	Distance Learning	
SPCO343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPCO242
			S1	Distance Learning	