

## Study and assessment

The course readings and assignment work have been designed to help students to reflect on their sport science philosophy and practices, address issues within the industry and develop strategies for enhancing the quality of their practice.

## Admission criteria

Applicants must have qualified for a sport and, or science related New Zealand degree, or equivalent, with at least a B grade average in 300-level courses. Students who do not meet the above entry requirements but instead are able to demonstrate extensive, practical and professional or scholarly experience of an appropriate kind may also be eligible to apply. Please refer to the UC Regulations ([www.canterbury.ac.nz/regulations](http://www.canterbury.ac.nz/regulations)) for official University regulations and policies for this programme.

## Pathways

These sport science programmes are designed to allow successful graduates to continue and progress. For example, students who have completed a PGDipSS are eligible to complete the Master of Sport Science. Students who are considering applying for doctoral study in the future, are encouraged to complete the MSS with a dissertation. Students who have completed postgraduate study in sport science with another institution should seek the advice of a Student Advisor.

## Duration

The MSS and PGDipSS may be completed full-time or part-time over a maximum period of up to four years. The PGCertSS may be completed over a maximum of two years.

## Fees

Please refer to our website for up to date fees information [www.canterbury.ac.nz/get-started/fees/](http://www.canterbury.ac.nz/get-started/fees/)

## Mode of delivery

These programmes are completed through on-campus study.

## Scholarships

You may be eligible to apply for a scholarship or fee waiver. The criteria and forms can be found on the College of Education, Health and Human Development website: [www.canterbury.ac.nz/education/scholarships-and-waivers/](http://www.canterbury.ac.nz/education/scholarships-and-waivers/).

Of particular interest to practising teachers are the Ministry of Education and Teach NZ study awards and the UC Associate Teacher Fee Waiver.

## Enrolment

For information about enrolling in postgraduate programmes in Sport Science at UC visit: [www.canterbury.ac.nz/health/qualifications-and-courses/sport-coaching-and-sport-science](http://www.canterbury.ac.nz/health/qualifications-and-courses/sport-coaching-and-sport-science)

You will also need to Apply To Enrol in your chosen courses online: <https://myuc.canterbury.ac.nz/>

Course enrolments open in October. Please also refer to the website for general enrolment information: [www.canterbury.ac.nz/enrol](http://www.canterbury.ac.nz/enrol)

## For further information contact

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### Student Advisors

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# Sport Science



# Postgraduate studies in Sport Science

Postgraduate sport science pathways are designed to enable graduates to gain the knowledge and skills to become highly competent sport science professionals. The field of sport science offers a wide range of career choices and these qualifications will enable graduates to gain employment in New Zealand or internationally.

## Postgraduate options in Sport Science

### Postgraduate Certificate in Sport Science (PGCertSS)

### Postgraduate Diploma in Sport Science (PGDipSS)

### Master of Sport Science (MSS)

The MSS/PGDipSS/PGCertSS draws on the knowledge of expert practitioners, within and outside UC, many of whom have worked as practitioners as well as being teachers and researchers in the field. Students will be expected to read, synthesise, analyse and critique academic research, as well as engage in their own research in conjunction with UC academics. The multi-disciplinary fields of study for the MSS/PGDipSS/PGCertSS include: Biomechanics; Performance Analysis; Sports Physiology, Psychology and Nutrition; Strength and Conditioning.

The MSS/PGDipSS/PGCertSS will be appropriate for a range of sport-related employment positions including working with professional teams and individual athletes, working in the physical activity promotion domain including with hospitals, schools, health practices, sport development and in research settings.

The MSS and PGDipSS have an optional internship in which students undertake advanced work experience within a sports science setting.

## Programme structure

### Postgraduate Certificate in Sport Science

The PGCertSS consists of 60pts of completed courses.

**SSCI403** Optional

Each course represents 30pts.

### Postgraduate Diploma in Sport Science

The PGDipSS consists of 120pts of completed courses.

**SSCI403** Optional Optional Optional

Each course represents 30pts.

### Master of Sport Science

The MSS consists of 180pts of completed courses.

Master of Sport Science with project

**SSCI403** **SSCI407** **EDME601 OR HLTH464** Project (30pts) Optional Optional

Master of Sport Science with dissertation

**SSCI403** **SSCI407** **EDME601 OR HLTH464** Dissertation (60pts) Optional

The Master of Sport Science degree will require a minimum of 180 points of Level 8 and 9 courses from the Schedules of the College of Education, Health and Human Development and College of Science, of which 60 points are compulsory: SSCI403 The Competitive Edge: Innovation in Sport Science (30 points) and SSCI407 Enhancing Physical Performance (30 points).

Candidates are required to choose one research methods course from either EDME601 Understanding and Using Research in Education (30 points) or HLTH464 Research Approaches for Health and Sport (30 points). Students are expected to complete their research methods course before enrolling in either the Project or Dissertation.

*Candidates are also required to choose either:*

**SSCI680** the Research Project (30 pts) and 60 additional points

or

**SSCI681** the Research Dissertation (60 pts) and 30 additional points.

*Please note: the following courses are examined at Level 9:*

**SSCI407** Enhancing Physical Performance (30 points)

**SSCI680** Sport Science Research Project (30 points)

**SSCI681** Sport Science Research Dissertation (60 points)

**HLTH 464** Research Approaches for Health (30 points).

## Courses

### Compulsory Courses

**SSCI403** The Competitive Edge: Innovation in Sport Science; 0.25 EFTS/30 points (Semester 1)

This course examines how to gain a competitive edge through the application of sport science. It will consider aspects in relation to a range of disciplines including, but not limited to, biomechanics, exercise physiology, strength and conditioning, sport psychology, sport nutrition, performance analysis and motor learning.

**SSCI407** Enhancing Physical Performance; 0.25 EFTS/30 points (Semester 2)

This course explores recent and more complex aspects related to enhancing physical performance primarily through strength, conditioning and nutritional practices. The focus of this course is on both sport performance and health improvement. The course is both practical and theoretical and requires students to critique new methods and recent research directions in the field.

### Elective Courses:

*Choose ONE of:*

**SSCI680** Sport Science Research Project; 30 points (Semester 1)

or

**SSCI681** Sport Science Research Dissertation; 60 points (Anytime start)

*Choose ONE of:*

**EDME601** Understanding and Using Research in Education; 30 points (Semester 1 or 2)

or

**HLTH464** Research Approaches for Health and Sport; 30 points (Semester 1)

*Choose either 30 or 60 points from:*

**HLTH430** Motivating Behaviour Change I; 30 points (Semester 1)

**SSCI404** Advanced Internship for Sport Science; 30 points (Anytime start)

**SSCI405** Special Topic: Psychology of Sport and Exercise; 30 points (Semester 2)

**SSCI409** Extreme Sport Science; 30 points (Semester 1)