

## **Introduction**

This handbook is designed to acquaint students with the courses offered by the School of Physical Education, to provide information about its administration, and to introduce the staff.

The handbook is NOT an official document of the University of Otago. Students should seek the advice of the School Administration Manager if discrepancies occur between information in this Handbook and the University Calendar.

A copy of this Handbook can be found on the web:

<http://physed.otago.ac.nz/docs/StudentGuide.pdf>

Please note that the web version of the Handbook is the most up-to-date.



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## Staff

### Professor and Dean

2007 Douglas G. Booth MA(Natal) PhD(Macquarie)

### Professors

1987 Kenneth P. Hodge MS(Montana) PhD(III) DipPhEd(Otago)

1991 Steven J. Jackson BA(WOnt) MS PhD(III)

2004 Roger M. Bartlett BSc(Hons)(Bath) MSc(City) PhD(Nottingham)

### Associate Professors

1992 Lisette C. Burrows BA BPhEd PGDipArts(Otago) PhD(W'gong)  
DipTchg

1998 Michael A. Boyes MNZM BEd(Massey) MEd(PE)(WAust)  
PhD(Otago)DipTchg

2003 Christopher Button BSc(Hons) PhD(Manc Met)

### Senior Lecturers

1992 Phillip J. Handcock BPhEd PhD(Otago) MSc(Alberta)

1995 Motohide Miyahara BA(Ritsumeikan) MA(Antioch) MEd(Tokyo)  
MSc PhD(UCLA)

1995 Nancy J. Rehrer BA(Duke) MSc(Clemson) PhD(Maastricht)

1998 Tania G. Cassidy DipPE DipGrad MPhEd(Otago) PhD(Deakin)  
DipTchg

2000 Lynnette M. Jones BSc BPhEd(Hons) PhD(Otago)

2001 James D. Cotter BSc MPhEd(Otago) PhD(W'gong)

2002 Michael P. Sam BPhEd(Alta) MA(New Br) PhD(Otago)

2002 Elaine A. Hargreaves BSc(Hons)(Glas) PhD(Wales)

2003 Mark Falcous BA(Hons)(De Mont) MA(Qu) PhD(Lough)

2004 Melanie D. Bussey BPhEd MSc(New Br) PhD(Otago)

2005 Sally A. Shaw BA(Hons)(York) MSc(Dist)(Sheffield) PhD(De Mont)

2009 Sandra Mandic BPhEd(Novi Sad) MSc PhD(Alberta)

2009 Jonathan B.H. Shemmell BSc BAppSc(Hons)(Deakin) MSc PhD(Qld)

### Lecturers

2006 Shayne P. Galloway MS PhD(Ind)

2008 Ojeya Cruz Banks MA PhD(Arizona)

2011 Anne-Marie Jackson BPhEd(Hons) MPhEd PhD(Otago)

### Senior Teaching Fellows

1997 Alison East MPhEd(Otago)

1999 Marguerita I. Lazar Dip Pub. Health MA(Otago)

### Professional Practice Fellows

2000 Carolyn A. Jenkins MPhEd PGDipTertT(Otago)

2008 Geoff D. Ockwell BPhEd BCom MPhEd(Otago)

## **ADMINISTRATION STAFF**

Administration Manager	Helen Carman NZCTP
Financial Administrator	Stephen Kinney
Personal Assistant to the Dean	Michelle Alexander
Administrator for Distance Learning	Beverley Lawrence BA(Hons)(Herts) DipMgt DipTchg
Administrator for Applied Theory & Practice	Pamela Smith HND Business Studies and Marketing
Receptionist/Secretary	Diane Steffens
Administrative Assistant (Finance)	Sandra Newton
Administrative Assistant (Projects)	Kimberley Lamond

## School Technical Services

Technical services to the School are provided by the Technical Team. The Team, and an outline of their functions and responsibilities, is set out below:

Chris Sullivan BCom(Otago)

***IT & Technical Manager***

Management of all information technology systems, technical support services, facilities and resources

Julie Furlong MAppSc(Lincoln)

***Senior Laboratory Technician and Dept Health & Safety Officer***

***Laboratory Technicians***

Support for teaching and research laboratories

Julie Mink BA(Chatham)

Justin Sprecher BA(Wisconsin)

Lisa Hughes BSc(Hons)(Otago)

Hamish Gould BCom(Otago)

***Computer Support/Webmaster***

Help for computer users and issue of consumables, website administration

Gavin Kennedy MEng(Hons)(York)

***Application Software Developer***

Software design and development

Nigel Barrett NZCE

***Electronics Technician***

Electronic development and maintenance

Glenn Braid

***Mechanical Workshop Technician***

Mechanical design and construction

Neil George NZCS

***Aquatics & General Support Technician***

Flume and aquatics support and maintenance, vehicle bookings and general technical support

Kate Conaghan

Adv. Cert. Leadership & Guiding,

Cert. Social Work (Adventure Therapy)

***Logistics Coordinator & Outdoor Education Technician***

Outdoor education and gymnasium equipment control and maintenance

You may seek assistance from any member of the Technical Team at any time, and they will do their best to help you or direct you. If you are unsure who to contact, then contact IT & Tech Manager Chris Sullivan in the first instance.

# Code of Student Conduct

## **Preamble**

1. The purpose of the Code of Student Conduct is to promote the University's academic aims and a sense of community through the cultivation of mutual respect, tolerance and understanding. To this end, the University expects that students will not engage in behaviours that endanger their own or others' safety and well-being.
2. Students are expected to conform to the standards contained in this Code of Student Conduct off-campus as well as on-campus.
3. The University reserves the right to pursue through its disciplinary procedures matters that are also being, or may also be, addressed by the legal system or under the University's Ethical Behaviour Policy processes.

## **Student Conduct**

1. The basic rules of conduct require that no student shall:
  - (a) disrupt any teaching, study or research or the administration of the University either wilfully or by engaging in conduct which ought reasonably to have been foreseen would cause disruption;
  - (b) wilfully obstruct any member or employee of the University in academic work or in the performance of duties;
  - (c) wilfully misuse, damage or deface, steal or wrongfully convert to the student's own use any property of the University;
  - (d) wilfully acquire by theft or deception the benefits of any service provided by the University or any academic advantage;
  - (e) engage in any dishonest practice as described in regulation 5(b) of the Examinations and Assessment Regulations in connection with an examination or other method of assessment of academic work which counts towards the attainment of a pass in any subject;
  - (f) engage in actions that:
    - (i) amount to assault or which result in, or can be reasonably expected to result in, harm to a person or persons; or
    - (ii) are unreasonably disruptive to other members of the University or the local community; or
    - (iii) result in, or can be reasonably expected to result in damage to property of any person; or
    - (iv) are otherwise unlawful;
  - (g) threaten, intimidate or harass another person or group;

- (h) fail to comply with the proper directives of a University official, including refusing to identify oneself;
  - (i) lie to, or misrepresent information to, the University or any University official;
  - (j) fail without good reason to co-operate with the University's disciplinary processes;
  - (k) fail without reasonable cause to comply with any penalty imposed under the Disciplinary Proceedings Regulations;
  - (l) attempt to commit an act of misconduct as set out in the foregoing rules.
2. Secondary rules of conduct are contained in the Library Regulations, the Computer Regulations, the Traffic and Parking Regulations, the Use of Premises Regulations, the Alcohol at Student Functions Regulations, and such other rules and regulations as may be promulgated from time to time and printed in the University Calendar.

## **Computer Regulations**

Students' attention is drawn to the University computer regulations in the current University Calendar.

Briefly, these mean:

1. Any misconduct may result in exclusion from **ALL** School systems. The power to exclude students is vested in the Team Managers.
  - (a) Exclusions for periods between 1 and 3 days must be reported to the Dean.
  - (b) Exclusion for any period exceeding 3 days must be reported to the Vice-Chancellor.
  
2. Misconduct is:
  - (a) Attempting to access any information you are not authorised to have.
  - (b) Attempting to remove, change, or copy any software.
  - (c) Causing damage to any hardware or software.
  - (d) Eating or drinking in any user area.
  
3. You are liable for any damage you cause and will be required to pay any costs incurred as a result of your actions.

## **Laboratory Standards**

While attending the School of Physical Education, you will be using laboratories and other facilities. You are responsible for the care of these areas and the equipment in them, and are expected to act in a mature and responsible manner. The following guidelines are for your safety and to help you gain maximum benefit from your time in the School.

1. **Dress and Hygiene**
  - (a) For safety reasons, everyone must wear adequate clean footwear at all times in laboratories. Sandals or jandals are not considered adequate because of the danger of them causing tripping, catching electrical cables, or providing insufficient protection against sharp objects falling onto feet.
  - (b) Clean clothing suitable for participation in the experiment should be worn, avoiding garments with loose, flapping sleeves or trouser legs.

- (c) Adequate time should be allowed for you, or your participants, to shower following exercise. You are required to bring your own towel and toiletries.
2. **Bags and Coats**  
Non-essential bags, coats or other items should not be brought into laboratories so that valuable property need not be left unattended. Cell phones must be turned off or set to silent mode and, as a courtesy to the tutor, only used for urgent messages.
3. **Facilities and Equipment**
- (a) Leave all rooms and laboratories in a clean and tidy condition after use. Chairs or stools must be left tidy, rubbish put into bins, lights turned off where appropriate, and doors and windows secured. Please leave the room as you found it.
  - (b) Do not use or move any equipment without the permission of a tutor or technical staff member.
  - (c) You will be required to replace any damaged equipment or facilities as a result of negligence or misuse.
4. **Food and Drink**
- (a) Because of the danger from chemicals and electrical equipment, food and drink are not to be brought into or consumed in laboratories or teaching areas.
  - (b) If food or drink needs to be consumed as part of a laboratory exercise, specific permission will be given by the supervising staff member.

## Requirements for the BPhEd Degree

<b>LEVEL</b>	<b>PAPERS REQUIRED</b>
<b>1st Year</b>	PHSE 101-103, HUBS 191, 192 plus 36 points* from any degree
<b>2nd Year</b>	ANAT 250, PHSE 202-206, PHSE 104
<b>3rd &amp; 4th Years</b>	<p>126 points from PHSE 231-235 and PHSE 300-level papers plus at least 126 points* from any degree, with at least 54 points† above 100 level</p> <p>* STAT 110 required for students taking Exercise and Sport Science as their Major</p> <p>* STAT 110 recommended for students taking Sport and Leisure Studies as their Major</p> <p>† HUNT 232 recommended for students taking Exercise and Sport Science as their Major</p>

### ***Majors for BPhEd***

The degree requires completion of 72 points at 300 and 400 level in a more specialised area of study, known as a Major. Majors are available in the following areas:

- Exercise and Sport Science
- Exercise Prescription and Management
- Professional Studies
- Sport and Leisure Studies.

Full documentation of these Majors can be found in the University of Otago Calendar. The opportunity also exists for students to complete a double Major provided the requirements for both Majors are met.

### **Exercise and Sport Science (EXSS)**

This Major takes a biological/physical approach to the study of human movement. Subject areas include: Biomechanics, Exercise Physiology, Motor Learning and Control.

### ***Career opportunities***

- ◇ Assessment and monitoring of athletic performance
- ◇ Health industry
- ◇ Sport/exercise assessment and advising
- ◇ Sport equipment development/testing
- ◇ Fitness training/coaching/development
- ◇ Exercise and sport consultants and researchers.

### **Required Papers:**

STAT 115 or 110: Statistical Methods

4 papers (72 points) from:

PHSE 301 Exercise Metabolism; PHSE 302 Movement and Performance Analysis in Sport; PHSE 303 Biomechanics of Sports Injury; PHSE 304 Motor Control; PHSE 305 Lifespan Human Development; PHSE 306 Developmental Motor Disorders; PHSE 329 Sports Technology; PHSE 314 Athletic Training and Conditioning; PHSE 315 Physical Activity and Health; PHSE 401 Advanced Exercise Physiology; PHSE 402 Disability Case Study Research.

## **Exercise Prescription and Management (EXPR)**

This Major focuses on physical activity and exercise as a means of enhancing a person's life-long development and wellbeing. Papers involve the design of exercise programmes tailored to the needs of a wide range of clients. Subject areas include: Sports Injuries, Sports Training, Exercise for Prevention and Rehabilitation.

### ***Career Opportunities***

- ◇ Facilitation and monitoring of training and rehabilitation of athletes
- ◇ Health promotion through exercise management
- ◇ Consultancy to the fitness industry
- ◇ Cardiac rehabilitation
- ◇ Working with sport and disability organisations
- ◇ Adapted physical activity for people with disabilities and other health impaired conditions.

### **Required Papers:**

PHSE 311 Medical Aspects of Sport and Physical Activity; PHSE 312 Prescription of Physical Activity and Exercise

2 papers (36 points) from:

PHSE 310 Athletic Injuries; PHSE 313 Exercise Prescription Practicum; PHSE 314 Athletic Training and Conditioning; PHSE 315 Physical Activity and Health; PHSE 336 Exercise Psychology; PHSE 401 Advanced Exercise Physiology.

## **Professional Studies (PROF)**

This Major emphasises professional practice in diverse movement-orientated careers and the teaching of physical education, outdoor education and dance. Learning opportunities prepare students for teaching, instructing and performance-related vocations. Subject areas include: Pedagogy, Outdoor Education, Adventure Education, Teaching Physical Education and/or Health in Schools, Dance Education and Performance.

### ***Career Opportunities***

- ◇ Preparation for teacher training
- ◇ Outdoor educators
- ◇ Dance educators and performers.

**Required Papers:**

4 papers (72 points) from:

PHSE 320 Akoranga Whakakori: Māori Physical Activity and Health; PHSE 322 Teaching Physical Education and Health; PHSE 323 Issues in Physical Education and Health; PHSE 324 Theoretical Perspectives on Physical Education and Health; PHSE 325 Dance and the Community; PHSE 326 Dance Education; PHSE 327 Adventure Education; PHSE 328 Teaching and Learning in the Outdoors; PHSE 330 Sports Coaching; PHSE 331 Coaching Junior Athletes; PHSE 414 Dance Education Philosophy (and Research Issues); PHSE 415 Research and Issues in Outdoor Education; PHSE 416 Adventure, Environment and Society; PHSE 426 Coaching Practice and Research.

**Sport and Leisure Studies (SPLS)**

This Major deals with the socio-psychological and socio-cultural aspects of sport, leisure and physical activity, examining their role, purpose and status in everyday life. Subject areas include: Sport Psychology, Sport Sociology, Sport Management, Sport History, Body Culture, Sport/Media and Culture, Exercise Psychology, Leisure Dimensions.

***Career Opportunities***

- ◇ Sport management & marketing
- ◇ Sport psychology consultants
- ◇ Sport & social policy advisers
- ◇ Sports media/sports journalism
- ◇ Recreation planning
- ◇ Local sporting bodies.

**Required Papers:**

4 papers (72 points) from:

PHSE 320 Akoranga Whakakori: Māori Physical Activity and Health; PHSE 330 Sports Coaching; PHSE 331 Coaching Junior Athletes; PHSE 333 Leisure Dimensions; PHSE 334 Advanced Sport Psychology; PHSE 335 Applied Sport Psychology; PHSE 336 Exercise Psychology; PHSE 337 Body, Culture and Society; PHSE 338 Advanced Sociology of Sport; PHSE 339 Sport Governance and Administration; PHSE 340 Sport Management and Strategy; PHSE 422 Sport and Leisure Policy; PHSE 423 Sport, Leisure and Social Theory; PHSE 424 Sport, Media and Culture; PHSE 425 Sport Management Practicum; PHSE 426 Coaching Practice and Research; PHSE 430 Critical Aspects of Sport Management.

## **Graduate Profile**

**The following personal attributes are developed in required papers PHSE 101-104, PHSE 202-206:**

- willingness and the ability to learn and continue learning, to appreciate that learning continues throughout life
- the ability to assimilate information
- computer technology skills
- organisation and time management skills
- information literacy, including the ability to locate, evaluate and use information in a range of contexts
- knowledge, especially understanding of the basic principles of the (subject) discipline and the ability to acquire new knowledge
- a multi-disciplinary perspective
- an international perspective to knowledge
- an awareness of ethical issues.

**In 300 and 400 level optional Physical Education papers, the following attributes are developed:**

### **PERSONAL**

- intellect, including higher level skills of deductive and lateral reasoning, rigour, analysis, the interpretation of technical, material and synthesis
- ability to apply the scientific process, including higher level skills of analysis, critiques, synthesis, and problem-solving
- a capacity to work alone or in a team, be self-directed, and to show independent judgment.

### **INTERACTIVE**

- oral and written communication skills, involving an ability to communicate formally and informally with a wide range of people
- team-working skills, including the ability to work effectively in teams
- interpersonal skills, including an ability to relate to people from a wide range of backgrounds
- negotiation skills.

**The following specific programme attributes are developed in PHSE 202-206:**

- demonstrates knowledge of the social-cultural, professional/practical and bio-physical perspective of human movement within the interdisciplinary focus of the School's four Majors: Sport and Leisure Studies; Exercise and Sport Science; Exercise Prescription and Management; and Professional Studies.

**In 300 and 400 level optional Physical Education papers the following specific programme attributes are developed:**

- possesses skills to apply and develop knowledge to improve the foundation for professional development within the four Majors
- demonstrates knowledge of research processes appropriate to human movement studies
- capacity to plan, organise and carry out research, professional and community-oriented projects related to physical education and human movement.

## GRADUATE PROFILES:

*“Kia Ora, I’m **LEELA HAURAKI**. I graduated in May 2010 and majored in EXPR and SPLS. I chose BPhEd at Otago after hearing past graduates enthuse about it; I wanted to experience the ‘Scarfie’ life, which is a combination of hard study and brilliant fun – plus it was a personal challenge to see if an ‘up north’ Hokianga girl could handle the cold! The best thing about the BPhEd experience is the people – being surrounded by like-minded and like-hearted people inspired*



*me to pursue my passion, which is working to revive and develop traditional Māori games in Māori communities and Aotearoa as a whole. I currently work for Sport Northland as a He Oranga Poutama Kaiwhakahaere (Māori Sport and Community Co-ordinator) . A key part of my role is to run ‘train the trainer’ workshops in and around Nga Taonga Taakaro (traditional Māori games) for Māori communities. My focus is on promoting and celebrating the beauty and diversity of our culture in the sense that participation in physical recreation is governed by a hauora Māori or holistic approach. My advice to current BPhEd students is, whatever your passion may be, don’t just dream it - live it, love it and do it! A kuia gave me this advice: ‘Don’t korero about something if you’re not going to show me the hikoi’ [actions speak louder than words]. “Ehara taku toa i te toa takitahi. Engari taku toa i te toa takitini” [A warrior never stands alone, but stands with many]. My individual strengths and attributes are not my own, they come from the many people who have supported me and who continue to do so - past lecturers, friends and, from whanau programmes and taking group fitness classes - I’m loving it!”*

**MATTY GRAHAM** graduated with BPhEd in 2008, majoring in EXSS. He had sound reasons for choosing to come to PE School: “I have always been



*interested in how the human body works and amazed at the extremes it can be pushed to. I was going to join the army for the physical challenge it presented, but then I started competing in multisport and thought it might be better to go to Otago to learn how to go faster, rather than join the army and get shot at!” Starting along an exercise prescription pathway, Matty changed course after his first taste of exercise physiology papers, where he participated in experiments run by Dr Sam Lucas and Dr Jim Cotter. After graduation, they inspired Matty to undertake post-graduate study under their supervision, and he has recently completed a Masters in Exercise Physiology, his thesis being an investigation of the acute effects of endurance and repeated sprint training*

*on blood pressure and blood volume. He has also developed a sport science consulting and coaching business, Exponential Performance Coaching: “I wanted to put the knowledge I had acquired into action in the real world, and I’ve been lucky enough to work with athletes from various sports from beginners to elite level, including the NZ track cycling team and the Southern men’s NHL field hockey team.” He is also currently a Research Assistant at PE School, utilising the flume to run a Water Safety NZ funded project looking at cold water immersion. Matty’s advice for current students is: “Try to incorporate the knowledge and concepts that you learn in lectures into your own sporting activities and life. I found this the easiest way to get my head around all the information that was presented to me.”*

## **International Exchange Opportunities**

Students have the opportunity to study at another university in a range of countries for a semester or a year. Normally the international exchange occurs in the third year of study. Formal application material is available from the Research and International Office. Students are recommended to seek course advice in order to ensure careful planning of their degree.

## Student Support Centres

### **Māori Centre - Te Huka Mātauraka**

Student Services, 515/519 Castle Street North, tel/fax 479 8490

email [maori-centre@otago.ac.nz](mailto:maori-centre@otago.ac.nz), website [www.otago.ac.nz/maoricentre](http://www.otago.ac.nz/maoricentre)

### **Pacific Islands Centre**

Student Services, email [pacific@otago.ac.nz](mailto:pacific@otago.ac.nz)

### **Student Learning Centre**

Ground Floor, Information Services Building (Central Library),

tel 470 5786, email [student-learning-centre@otago.ac.nz](mailto:student-learning-centre@otago.ac.nz)

A free confidential service to support students at all levels of study:

- Interactive, relaxed and informal workshops on a wide range of topics.
- Books and videos on study skills and personal development.
- Individual appointments on study-related concerns or practical guidance.
- Seminars early in the year for students not directly from school, who have not studied for some years.
- Online resources including “Study Guide: Strategies for Effective Learning”.

### **Disability Information and Support**

The School encourages students to seek support if they find they are having difficulty with their studies due to disability, temporary or permanent impairment, injury, chronic illness or deafness.

Contact:

either: The School’s Disabilities Officer, Ms Margie Lazar

Tel: 479 5263

Email: [marguerita.lazar@otago.ac.nz](mailto:marguerita.lazar@otago.ac.nz)

or: Disability Information and Support

Tel: 479 8235

Email: [disabilities@otago.ac.nz](mailto:disabilities@otago.ac.nz)

Website: <http://www.otago.ac.nz/disabilities>

## Physical Education Māori Association (PEMA)

	<b>Te Roopu Whakakaha Tinana</b>
Co Tumuaki Vice-President	Chanel Phillips, Grace Cooper Arleen McLaren
Committee	Chelsea Cunningham (Treasurer), Ngahuia Mita (Secretary), Jessie Massey, Brandon Manuel, Reuben Molnar
Contacts	Office: above Smithells Gym Tel: 479 3879, Email: <a href="mailto:pema@otago.ac.nz">pema@otago.ac.nz</a>
Objective:	To encourage academic excellence of Māori Physical Education students by fostering and creating relationships across year levels, utilising Māori principles such as Tuakana/Teina.

## Physical Education Students' Association (SPENZ)

President	Jacob Moore
Vice-President	Ali Choukry
Committee	Michael Carroll, James Stevenson-Wright, Monique Bates, Todd Thornley, Victoria Fraser, Rose Berghan, Sophie Brown, Ethan Hamilton, Steven McDowell, Anthony Phillips
Contacts	Office: Mezzanine Floor (Room M02) 665 Cumberland Street Tel: 479 3062, Email: <a href="mailto:pe.studentexec@otago.ac.nz">pe.studentexec@otago.ac.nz</a>
Post Box:	Ground Floor, 665 Cumberland Street Any questions or queries are to be placed in this box which is cleared each week.
Current Events	Check the students' noticeboard, main foyer, 665 Cumberland Street

*The 2011 PRESIDENT of the STUDENT EXECUTIVE,*



*HAANA BOVAIRD, is an EXPR and SPLS major who will graduate July 2012.*

*“I am passionate about sport and PE, and chose BPhEd at Otago because it offered far more than just teaching as a career - plus Dunedin offers a fantastic campus lifestyle, with everything close by.” The Gymnastics & Dance end of year performances were highlights of her degree, and she rates PHSE 104 Camp as one of the best weeks of her life. “PE students are extremely privileged to have such a great bunch of lecturers, who are very passionate about what they do and are always willing to help”. Haana rates Lynnette Jones’ PHSE 311 paper as “inspirational – it really broadened my horizons”. As Student Exec President she loved working with the “awesome” Exec members: “It was really rewarding to see people enjoying themselves at events we had organised, such as wine and cheese, graduation morning tea and the PE ball.” After graduation, Haana plans to do a post-graduate teaching diploma, then gain teaching experience in England, before returning to NZ to pursue a career with SPARC or another Government organisation. Haana’s advice to current BPhEd students is: “Make the most of the opportunities that are provided to you at PE School. Attend as many social events as you can - because Physedders always have the most fun - and explore all the many career opportunities within the sport and recreation area.”*

## **Course Advising**

The Advisers of Studies make recommendations concerning academic matters. Advisers will be available during enrolment (17, 20 & 21 February) in the laboratories situated on the ground floor of 55 Union Street West. Outside these dates enquiries should be addressed to the Chief Course Adviser:

Margie Lazar, tel 479 5263, email [pe.undergrad@otago.ac.nz](mailto:pe.undergrad@otago.ac.nz)

Students are encouraged to refer to the course advising sheets at the back of this Student Guide.

## **Student Mail and Email**

Mail will be placed in student mail boxes, main foyer, 665 Cumberland Street.

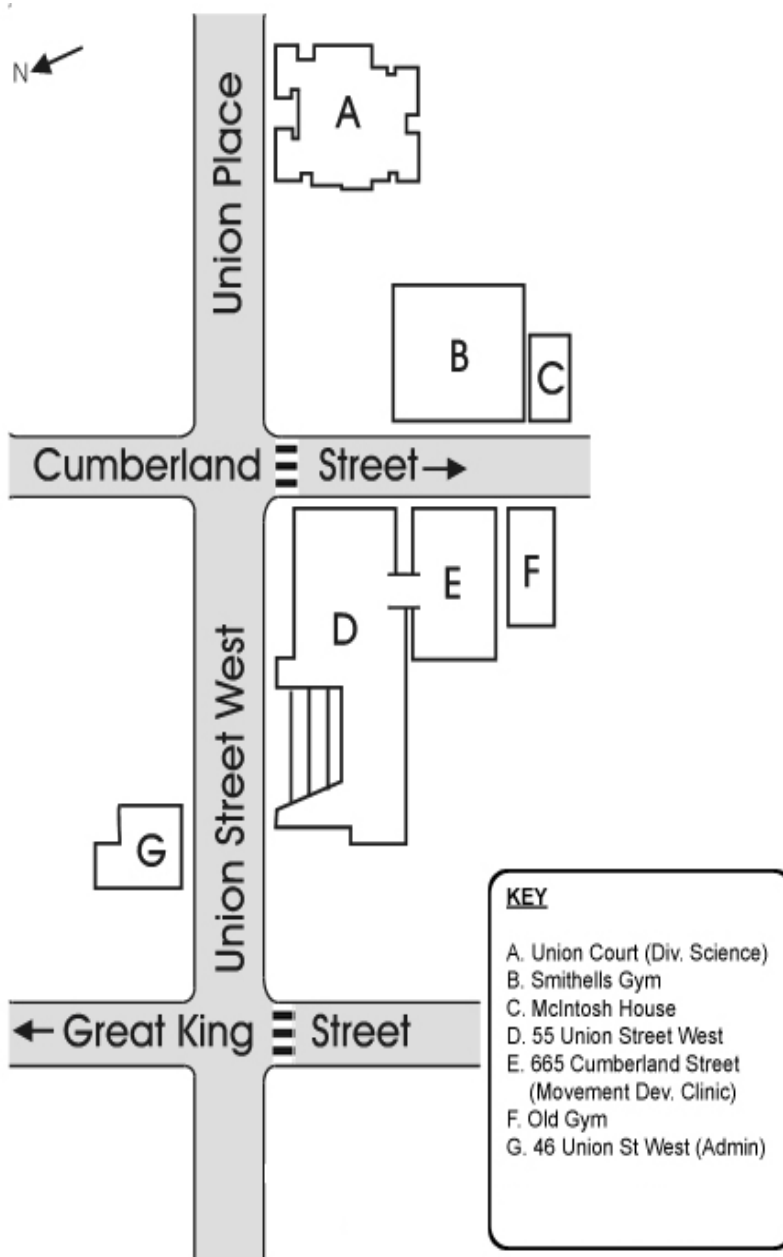
**Please check mail boxes regularly - at least every 2/3 days**

*(External mail and messages from the School will be left there for you)*

**For course information check your student email**

*(Email address assigned to you at your initial enrolment)*

# Directory of Buildings



## Need to solve a problem?

Problem	Where to Go
Enrolment difficulties	1. Chief Course Adviser (ext 5263) 2. Student Enquiries, Student Administration, Clock Tower Bldg
Details of courses	Student Guide 2012
<b>Personal</b>	
Personal problems affecting work	Administration Manager
Problems with workload	Lecturer
Disability Issues	Chief Course Adviser (ext 5263) or Disability Information and Support (ext 8235)
<b>Assignments</b>	
Assignment collection	Lecturer concerned
Assignment presentation	Student Guide/Lecturer concerned
<b>Physical Education Māori Association (PEMA)</b>	
	Academic and cultural support
<b>Physical Education Students' Association (SPENZ)</b>	
Current events	Students' noticeboard, main foyer, 665 Cumberland Street

## Class Representatives

A class representative will be appointed for each paper offered within the School of Physical Education. The class representative will be the first point of contact should any query or problem arise in relation to that paper. It is requested that the following procedure be followed:

1. Class representatives may raise the matter with the Academic staff member concerned.
2. If an unsatisfactory response is received and/or the problem continues, then the matter must be brought to the attention of the Dean who will investigate and take steps to rectify the situation.
3. Only as a last resort would the matter be referred to the Director of Academic Services via OUSA.

## Student Responsibilities

### Course Work

*YOU are responsible for:*

- checking Blackboard course information each week.
- confirming that posted internal assessments are correct.
- checking your student email accounts regularly (note: official emails may at times be filtered to junk mail folders).
- confirming your course commitments for all courses for the **entire** year. All practicals, camps, and additional class requirements must be scheduled to avoid clashes with course commitments. Some Physical Education courses have attendance requirements and all have due dates for assignments. Failure to attend or submit work on time may result in failure of a course, **therefore you must carefully plan your course commitments**. Outside work (paid or voluntary) and failure to plan are not acceptable reasons for absence from courses/classes or requesting extensions.
- completing an application for leave from classes (see Application for Leave below) to cover any absences from classes, laboratories, seminars or practicals.

### Absence from Class

Attendance is **COMPULSORY** at laboratory and practical classes. Disabling injury or illness may make participation impossible, but attendance is often possible and is valuable. **Note:** specific arrangements may be provided by your individual course instructors or lecturers. It is your responsibility to communicate with the lecturer concerned when a difficulty arises.

### Examples of Typical Leave Situations

1. Emergency situations such as death or illness of a near relative.
2. Participation in National and International sporting events, including National team trials and interprovincial competitions.

**Note:** participation in sporting events below this level will NOT normally be considered as acceptable grounds for absence.

### Application for Leave

To obtain authorised absence from classes, students must complete the appropriate application form which may be obtained from the School's web page - Quicklinks (Course Guides and Forms) or the Administration Office, 46 Union Street West. The student is to list all the classes that would be

missed and obtain the signed approval from every lecturer concerned and individual tutors for practicals. Approval **must** also be obtained for courses taught outside of the School. **Note:** this approval is fundamental to the application and it will not be considered without it.

Where lecturers approve leave, they will normally require the student to make up missed work.

Except for emergency situations, as indicated in Example 1. above, the completed form is to be returned to the Administration Office **AT LEAST ONE WEEK** prior to the proposed leave period.

### **Workload Expectations**

The University of Otago and School of Physical Education have particular workload expectations. For example, when papers (regardless of level) are worth 18 points, there is an expectation that you should engage with the course material for approximately 180 hours. Ideally this should occur through a mixture of direct contact with the staff and non-contact (self-directed learning), and this combination will change from paper to paper and between 100 and 400 level papers. For example, for PHSE 101:

(i) Contact hours	<i>hours</i>	<i>derivation</i>
Lectures	39	(3 x 1 hr per wk x 13 wks)
Tutorials	8	(1 x 1 hr x 8 wks)
<i>Sub-total</i>	<u>47</u>	
(ii) Non-contact hours		
Class preparation	39	(3 hrs per wk for reading)
Written assignments	16	(2 reports each requiring 8 hrs)
Private study	39	(3 x 1 hr per wk x 13 wks)
Final exam preparation	28	
Final exam	2	
<i>Sub-total</i>	<u>124</u>	
Total number of hours	<b>171</b>	

### **Communicating with staff**

You are requested to respect **office-hour protocols** by adhering to designated times - if you cannot attend during office hours you should email or telephone for an alternative meeting time. **Email protocol** - when emailing a staff member you should address them by title, i.e. Dr Falcous, and outline the problem or request, suggest possible solutions, and possible times to meet if a meeting within office hours is not possible.

## **Plagiarism**

The University of Otago and the School of Physical Education take plagiarism very seriously therefore it is your responsibility to understand what this means. The library offers an online module in which plagiarism is described as “a type of intellectual cheating, where one writer presents the work of another as if it were his/her own (either intentionally or accidentally)”.

You can be accused of plagiarism if:

- you use the work of another/others as if it were your own
- you do not cite the source of the information.

“Plagiarism occurs not only when you take direct quotations from a source without specific acknowledgement but also when you do not acknowledge original ideas or data from the source.” To learn more about plagiarism, e.g. types of plagiarism, why people plagiarise, ways to avoid plagiarism, and penalties for plagiarism, go to:

<http://oil.otago.ac.nz/oil/module1/Use-information/Cite-and-reference-your-information/Plagiarism.html>

## **Presentation of Assignments**

Course assignments will be a significant part of your work in many courses. You may find that you learn more by doing than from listening or watching. The major value of the project is that it provides you with an opportunity to apply the principles you have learned during lectures. In addition, you will gain valuable experience in the acquisition of information, logical and critical thinking, methodical organisation of material, and clear, concise writing which goes into a research report or essay assignment.

### **IT IS ESSENTIAL THAT YOU KEEP A COPY OF MAJOR ASSIGNMENTS HANDED IN FOR MARKING**

#### **General Tips**

1. Present your assignment in the form required by the lecturer. You may need to submit two copies if you want a copy returned. Please check before handing in.
2. Plan your assignment early and consult your lecturer or tutor concerning its suitability and sources of information rather than go off on the wrong track.
3. Start your literature review early and keep full publication details and perhaps abstracts of all useful references.
4. Be aware of the due dates for all your assignments and allow time to submit them before the deadlines. It is a good idea to write a first draft and think about it for a week before completing the final copy.

#### **General Form**

1. The paper should be typed 12 font (double spaced) on one side of A4 paper only.
2. Leave a sufficient margin on the paper for comments by the marker. Allow for stapling.
3. Number all pages sequentially with Arabic numerals (1, 2...) at the top right-hand corner of the page.

4. Have a cover page showing the title of the paper, your name, the subject for which the paper is being submitted, and the due date of the paper. State the number of words also, if required. A contents page may be useful in a long paper where many sub-headings are used.
5. Cite all sources of evidence for factual statements, of information from the work of other authors, and of direct quotations. Cite the reference in the essay itself, and give full publication details in your reference list or bibliography.
6. Convey your meaning in simple, direct language as concisely as possible. Slang, text language and colloquialisms are neither appropriate nor precise forms of language and should not be used. At this level, there should be a minimum of errors in grammar, sentence construction or spelling. Careful proof reading of your work after it is finished is essential.
7. Use headings and sub-headings to make the structure of your paper clear. Break your discussion up into manageable units. Appropriate paragraphing is important as it enables you to organise your material logically and the reader to follow the unfolding argument.

## **Notes on Writing Essays and Seminar Papers**

Guidelines for Essay Writing can be found on the Student Learning Centre “Online Study Skills” website: <http://hedc.otago.ac.nz/hedc/sld.html>

## BPhEd Papers

HUBS 191	Human Body Systems I (S1)
HUBS 192	Human Body Systems II (S2)
STAT 110	Statistical Methods (S1)
PHSE 101	Sociocultural Foundations of Physical Education (S1)
PHSE 102	Biophysical Foundations of Human Movement (S2)
PHSE 103	Movement Education: Dance and Gymnastics (F/yr)
PHSE 104	Applied Physical Experiences (S2)
PHSE 115	Fundamentals of Dance (S1)
PHSE 116	Elements of Dance (S2)
PHSE 202	Movement Analysis and Control (S2)
PHSE 203	Exercise Physiology (S1)
PHSE 204	History of Sport (S2)
PHSE 205	Psychology of Sport (S1)
PHSE 206	Sociology of Sport (S2)
PHSE 231	Applied Theory and Practice 2A (F/yr)
PHSE 232	Applied Theory and Practice 2B (F/yr)
HUNT 232	Sports Nutrition (S1)
PHSE 235	Contemporary Dance (S1)
ANAT 250	Functional Anatomy (S1)
PHSE 301	Exercise Metabolism (S1)
PHSE 302	Movement and Performance Analysis in Sport (S1)
PHSE 303	Biomechanics of Sports Injury (S1)
PHSE 304	Motor Control (S2)
PHSE 305	Lifespan Human Development (S1)
PHSE 306	Developmental Motor Disorders (S2)
PHSE 310	Athletic Injuries (Not offered in 2012)
PHSE 311	Medical Aspects of Exercise and Physical Activity (S1)
PHSE 312	Prescription of Physical Activity and Exercise (S1)
PHSE 313	Exercise Prescription Practicum (F/yr)
PHSE 314	Athletic Training and Conditioning (S2)
PHSE 315	Physical Activity and Health (Not offered in 2012)
PHSE 320	Akoranga Whakakori: Māori Physical Activity & Health (S2)
PHSE 322	Teaching Physical Education and Health (S2)
PHSE 323	Issues in Physical Education and Health (S2)
PHSE 324	Theoretical Perspectives on PE and Health (Not offered in 2012)
PHSE 325	Dance and the Community (S2)

PHSE 326	Dance Education (S1)
PHSE 327	Adventure Education (S1)
PHSE 328	Teaching and Learning in the Outdoors (Not offered in 2012)
PHSE 329	Sports Technology (S2)
PHSE 330	Sports Coaching (S1)
PHSE 331	Coaching Junior Athletes (Not offered in 2012)
PHSE 333	Leisure Dimensions (Not offered in 2012)
PHSE 334	Advanced Sport Psychology (S1)
PHSE 335	Applied Sport Psychology (S2)
PHSE 336	Exercise Psychology (S2)
PHSE 337	Body, Culture and Society (S2)
PHSE 338	Advanced Sociology of Sport (S1)
PHSE 339	Sport Governance and Administration (S1)
PHSE 340	Sport Management and Strategy (S1)
PHSE 380	Independent Study (Each Semester)
PHSE 391	Research Design and Analysis (F/yr)
PHSE 401	Advanced Exercise Physiology (S2)
PHSE 402	Disability Case Study Research (first or second semester)
PHSE 414	Dance Education Philosophy (May not be offered in 2012)
PHSE 415	Research and Issues in Outdoor Education (Not offered in 2012)
PHSE 416	Adventure, Environment and Society (S2)
PHSE 422	Sport and Leisure Policy (S2)
PHSE 423	Sport, Leisure and Social Theory (Not offered in 2012)
PHSE 424	Sport, Media and Culture (S2)
PHSE 425	Sport Management Practicum (F/yr)
PHSE 426	Coaching Practice and Research (Not offered in 2012)
PHSE 427/8	Topics in Advanced Physical Education
PHSE 430	Critical Aspects of Sport Management (Not offered in 2012)
PHSE 435	Dance and the Community (S2)
PHSE 436	Dance Education (S1)
PHSE 471	Research Seminar (S1)
PHSE 480	Research Project (F/yr)
PHSE 491	Dissertation (F/yr)
PHSE 495	Master's Thesis Preparation (F/yr)

## Course Information for BPhEd Papers

### **HUBS 191**

*(first semester)*

### **Human Body Systems I**

*(18 points)*

Convener:

TBA

Description:

An introduction to the structure and function of the musculoskeletal, nervous, endocrine and immune systems in the human body.

Restrictions:

ANAT 111 & 120, BIOL 115, PHSL 101

Method of Teaching:

Lectures (four/week) and Laboratories (one/fortnight)

Assessment:

Two terms tests (7% each), laboratory checkouts (6%), guided learning assessments (8%). The final exam represents the other 72%

Recommended Text:

Patton, K. T. & Thibodeau, G.A. (2010) *Anatomy and Physiology (7<sup>th</sup> ed.)* Mosby Elsevier

Lectures:

Lecture stream will be assigned

Laboratories:

Laboratory stream will be assigned (morning, afternoon or evening streams)

**HUBS 192**  
(second semester)

**Human Body Systems II**  
(18 points)

Convener: Dr Ruth Napper

Description: An introduction to the structure and function of the human cardiovascular, respiratory, gastrointestinal, renal/urinary and reproductive systems including organ development.

Prerequisite: HUBS 191

Restrictions: ANAT 111 & 120, PHSL 101

Method of Teaching: Lectures (four/week) and Laboratories (one/fortnight)

Assessment: Two terms tests (7% each), laboratory checkouts (6%), guided learning assessments (8%). The final exam represents the other 72%

Recommended Text: Patton, K. T. & Thibodeau, G. A. (2010) *Anatomy and Physiology* (7<sup>th</sup> ed.) Mosby Elsevier

Lectures: Lecture stream will be assigned

Laboratories: Laboratory stream will be assigned (morning, afternoon or evening streams)

**STAT 110**  
*(first semester)*

**Statistical Methods**  
*(18 points)*

Coordinator: Janine Wright

Lecturers: Janine Wright, TBA

Description: Statistical methods for the biological and social sciences covering descriptive statistics, probability distributions, estimation, hypothesis testing, regression and the analysis of variance. Sampling and design principles for a variety of techniques are discussed with an emphasis on the biological sciences.

Restriction: STAT 115, QUAN 101 or BSNS 102

Note: This paper is required for students who wish to major in Exercise and Sport Science.

Method of Teaching: Lectures and Tutorials

Assessment: Internal assessment from marked weekly exercises and mastery tests is used to improve the mark gained in a 3-hour end of semester examination

Text: Course notes will be available for purchase from the University Print Shop

Lectures: Four 50-minute lectures/week according to following lecture streams: Monday, Tuesday, Wednesday, Thursday 8.00 - 8.50 am

Each lecture repeated at: Monday, Tuesday, Wednesday, Thursday 10.00 - 10.50 am

Tutorials: Times will be advised and students are scheduled into a one-hour class at the start of the semester

## PHSE 101

(first semester)

## Sociocultural Foundations of Physical Education

(18 points)



Coordinator:

Dr Tania Cassidy

Lecturers:

Dr Tania Cassidy with the occasional guest lecturer

Description:

An introduction to the social scientific study of physical education and human movement contextualised with reference to sports coaching, sport management, outdoor education, dance and leisure activities.

Method of Teaching: Lectures and Tutorials

Assessment:

(i) Assignments (2)..... 60%  
(ii) Final Examination ..... 40%

Strongly Recommended Text:

Cassidy, T., Jones, R., & Potrac, P. (2009). *Understanding sports coaching. The social, cultural and pedagogical foundations of coaching practice (2<sup>nd</sup> ed.)* London: Routledge

Lectures:

Wednesday, Thursday 11.00 - 11.50 am  
Friday 10.00 - 10.50 am

**Preliminary Lecture:**

Friday 24 February, 1.00 – 1.50 pm in TG07,  
College of Education  
**(Compulsory)**

# PHSE 102

(second semester)

# Biophysical Foundations of Human Movement

(18 points)

Coordinator:

Dr Motohide Miyahara

Lecturers:

Dr Mel Bussey  
Dr Jim Cotter  
Dr Sandy Mandic  
Associate Professor Chris Button



Description:

An introduction to the biophysical study of physical education and human movement, mainly in the contexts of exercise for health and sports performance. Focuses on multi-disciplinary approaches and sets the study of human movement in a broader context.

Method of Teaching: Lectures and Laboratories

Assessment:

- (i) Practical Assignments (3)..... 30%
- (ii) Final Examination ..... 70%

Required Text:

Abernethy, B., Hanrahan, S.J., Kippers, V., Mackinnon, L.T., & Pandy, M.G. (2005). *The Biophysical Foundations of Human Movement*, (2<sup>nd</sup> ed.) Australia: Palgrave Macmillan,

Lectures:

Tuesday, Thursday 1.00 - 1.50 pm  
Wednesday 11.00 - 11.50 am

# PHSE 103

(full year)

# Movement Education: Dance and Gymnastics

(18 points)



Coordinators: Ali East  
Dr Ojeya Cruz Banks

Description: An integrated, experiential and theoretical course that focuses on exploration, analysis and development of movement skills and concepts through the disciplines of dance and gymnastics.

Limited to: BPhEd

Assessment: (i) Written Assignments ..... 35%  
(ii) Movement Tasks (3) ..... 30%  
(iii) Choreography and Performance ..... 35%

Note: Students must pass both A (Gymnastics) and B (Dance) components of this course to complete PHSE 103.

*Gymnastics A:* 2 x 50 minute classes per week  
Venue: Smithells Gymnasium

*Dance B:* 2 x 50 minute classes per week  
Venue: Dance Room, Ground Flr,  
665 Cumberland St (Old PE Building)

**Preliminary Lecture:**  
Friday 24 February, 10.00 - 10.50 am in TG07,  
College of Education  
**(Compulsory)**

**PHSE 104**  
(second semester)

**Applied Physical Experiences**  
(18 points)

Coordinator:

Geoff Ockwell



Description:

Ngā Mahia a te Rehia, outdoor education fieldwork, aquatics, and first aid/health and safety

Limited to:

BPhEd

Notes:

- (i) Not available to first year students.
- (ii) Coursework commences in week 2 or 3 of Semester 2. Students will also have course commitments either following Semester 2 (2012) examinations or immediately prior to course approval in Semester 1 (2013).

Method of Teaching: Fieldwork experiences and occasional lectures

Assessment:

Students are required to participate and complete all experiential course elements, including 100% active participation during all aspects of this paper. Final grades are 'Pass' or 'Fail'

Fieldwork:

*Camp and Aquatics:*  
either 11 - 27 November 2012  
or 1 - 17 February 2013

*Ngā Mahia a te Rehia:*  
Students select from one of four options in  
August/September 2012

*First Aid/Health and Safety*  
Students select from one of six of options in  
August/September 2012

**Preliminary Lecture:**

Monday 16 July 2012, 1.00 - 1.50 pm in Quad 2  
**(Compulsory)**

**PHSE 115**  
(first semester)

**Fundamentals of Dance**  
(18 points)



Coordinator: Ali East

Description: Introduces and compares key fundamental processes, methodologies, and movement systems associated with the study of dance, the theatre arts, movement analysis, and therapeutic physical activity.

Method of Teaching: Lectures and Practicals

Assessment: (i) Written Assignment..... 30%  
(ii) Studio Practicum ..... 20%  
(iii) Reflective Practice Journal..... 25%  
(iv) Seminar Presentation..... 25%

Note: Students are to attend 90% of all practicals and seminars.

Recommended Texts:

Dowd, Irene. (1990) *Taking Root to Fly - Ten Essays on Anatomy*. Contact Editions, North Hampton. MA. USA

Todd, Mabel. E. (1937, 1973) *The Thinking Body*. Human Dynamics, NY

Steinman, L. (1995) *The Knowing Body*. North Atlantic Books, Berkeley

Seminars: Monday, Wednesday 12.00 - 12.50 pm

Laboratory/Studio: Tuesday 9.00 - 10.50 am (2 hrs) or  
Tuesday 4.00 - 5.50 pm (2 hrs)

Venue: Dance Studio/Old Gym and Dance Seminar Room, 665 Cumberland St

**PHSE 116**  
(second semester)

**Elements of Dance**  
(18 points)



Coordinator: Ali East

Description: Introduces the basic elements and skills of dance as a contemporary performance art through an integrated approach which incorporates theory, practice and analysis.

Method of Teaching: Lectures and Practicals

Assessment:

- (i) Written Assignment..... 25%
- (ii) Choreographic Presentations A & B .... 45%
- (iii) Reflective Practice Journal..... 20%
- (iv) Studio Practicum ..... 10%

Note: Students are to attend 90% of all practicals and seminars.

Recommended Texts:

Steinman, L. (1995) *The Knowing Body*. USA: North Atlantic Books

Cheney, G. (1989) *Basic Concepts in Modern Dance*. New Jersey: Princeton Book Co

Seminars: Monday, Wednesday, 12.00 - 12.50 pm

Laboratory/Studio: Monday 4.00 - 5.50 pm (2 hrs) or  
Tuesday 10.00 - 11.50 am (2 hrs) or  
Tuesday 4.00 - 5.50 pm (2 hrs)

Venue: Dance Studio/Old Gym and Dance Seminar Room, 665 Cumberland St

**PHSE 202**  
(second semester)

**Movement Analysis and Control**  
(18 points)

Coordinator: TBA



Lecturers: Associate Professor Chris Button  
Dr Jon Shemmell  
Dr Mel Bussey



Description: An introduction to the biomechanics, coordination and control of the human movement system and the major constraints that influence human movement behaviour and the acquisition of skill.

Prerequisite: ANAT 250

Method of Teaching: Lectures and Laboratories

Assessment: (i) Laboratory Reports..... 50%  
(ii) Final Examination ..... 50%

Recommended Texts: Other key text and readings will be identified and assigned during the course

Bartlett, R.M. (2007). *Introduction to Sports Biomechanics: Analysing Human Movement Patterns*. London: Routledge

Davids, K., Button, C., & Bennett, S.J. (2008). *Dynamics of Skill Acquisition*. Champaign, Il: Human Kinetics

Lectures: Monday, Wednesday, Friday 10.00 - 10.50 am

Laboratories: 1 x 2 hour 50 minutes lab/fortnightly

**PHSE 203**  
(first semester)

**Exercise Physiology**  
(18 points)

Coordinator: Dr Jim Cotter

Lecturers: Dr Jim Cotter  
Dr Nancy Rehrer  
Dr Sandy Mandic



Description: Acute and chronic responses to exercise, including limitations within and between individuals, effects of different types of exercise and environments, effects on health, and methods of analysing responses, limitations and effects.

Prerequisite: HUBS 192

Method of Teaching: Lectures and Laboratories

Assessment: (i) Mid-Semester Test ..... 10%  
(ii) Laboratory Assignments ..... 40%  
(iii) Final Examination ..... 50%

Highly Recommended Texts:

Powers, S.K., and Howley, E.T. (2009) *Exercise Physiology: Theory and Application to Fitness and Performance. (7<sup>th</sup> ed.)* New York: McGraw-Hill Higher Education

or

McArdle, W.D., Katch, F.I., and Katch, V.L. (2010). *Exercise Physiology: Energy, Nutrition and Human Performance. (7<sup>th</sup> ed.)* Baltimore: Lippincott, William & Wilkins

Lectures: Tuesday 9.00 - 9.50 am  
Wednesday 1.00 - 1.50 pm  
Thursday 9.00 - 9.50 am

**PHSE 204**  
*(second semester)*

**History of Sport**  
*(18 points)*



Lecturer: Professor Doug Booth

Description: An introduction to the historical study of sport via the intellectual frameworks of cultural and social history.

Prerequisite: 36 points

Method of Teaching: Lectures

Assessment: (i) One Assignment ..... 40%  
(ii) Final Examination ..... 60%

Lectures: Tuesday 3.00 - 3.50 pm (1 hr)  
Thursday 2.00 – 3.50 pm (2 hrs)

**PHSE 205**  
(first semester)

**Psychology of Sport**  
(18 points)



Lecturer: Professor Ken Hodge

Description: An introduction to the influence of social psychological variables on participation and performance in sport and exercise, and the influence of that participation on the psychological characteristics of participants.

Prerequisite: 36 points

Method of Teaching: Lectures

Assessment:

- (i) Assignment 1: Psychological ‘Assessment’ of Sport/Exercise ..... 15%
- (ii) Assignment 2: Essay - Review of Literature ..... 25%
- (iii) Final Examination ..... 60%

Required Text: Weinberg, R. & Gould, D. (2011). *Foundations of Sport and Exercise Psychology (5<sup>th</sup> ed.)*  
Champaign, Illinois: Human Kinetics

Lectures: Tuesday, Thursday 10.00 - 10.50 am  
Friday 9.00 - 9.50 am

**PHSE 206**  
*(second semester)*

**Sociology of Sport**  
*(18 points)*



Lecturer: Dr Mark Falcous

Description: The significance of physical activity and sport in contemporary society and an understanding of the characteristics and processes of sport in the modern world.

Prerequisite: 36 points

Method of Teaching: Lectures

Assessment: (i) Term Assignments..... 40%  
(ii) Final Examination ..... 60%

Lectures: Monday, Wednesday 9.00 - 9.50 am  
Friday 11.00 - 11.50 am

**PHSE 231**  
*(full year)*

**Applied Theory and Practice 2A**  
*(18 points)*

Coordinator:

Geoff Ockwell



Lecturers:

Geoff Ockwell  
Carolyn Jenkins

Description:

Applied theory and practice (ATP) courses of an exercise, sport or outdoor nature enabling students to link theory with practical and professional environments.

Note:

Courses range from Resistance Training and Sport Massage to Badminton Coaching, Adaptive Outdoor Education and Winter Tramp Mountain.

Prerequisite:

PHSE 103 or corequisite PHSE 104

Method of teaching:

Labs and fieldwork, with occasional seminars and lectures

Assessment:

Final grades are 'Complete' or 'Fail' based on the student having attended all the sessions for any given course and having satisfactorily completed the tasks required within their allocated ATP courses

**Preliminary Lecture:**

Friday 24 February, 1.00 - 1.50 pm in Archway 4  
**(Compulsory)**

**PHSE 232**  
*(full year)*

**Applied Theory and Practice 2B**  
*(18 points)*

Coordinator:

Geoff Ockwell



Lecturers:

Geoff Ockwell  
Carolyn Jenkins

Description:

Applied theory and practice courses of an exercise, sport or outdoor nature enabling students to link theory with practical and professional environments.

Note:

Courses range from Resistance Training and Sport Massage to Badminton Coaching, Adaptive Outdoor Education and Winter Tramp Mountain.

Prerequisites:

PHSE 103 & 104

Method of Teaching: Labs and fieldwork, with occasional seminars and lectures

Assessment:

Final grades are 'Complete' or 'Fail' based on the student having attended all the sessions for any given course and having satisfactorily completed the tasks required within their allocated ATP courses.

**Preliminary Lecture:**

Friday 24 February, 1.00 - 1.50 pm in Archway 4  
**(Compulsory)**

**HUNT 232**  
(first semester)

**Sports Nutrition**  
(18 points)

Coordinator: Katherine Black

Lecturers: Rebecca Cooke, Nancy Rehrer, Tracy Perry and others from the Department of Human Nutrition

Description: This course examines the role of nutrition in Sports and Exercise Performance through practical, applied and theory based lectures and classes.

Prerequisite/Corequisite:  
Two of CELS 191, FOSC 111, HUBS 191, 192, BIOL 111, 115, or ANAT 111 and PHSL 101

Topics include: Nutritional requirements for endurance and intermittent sports. Fluid losses and gains during exercise; nutrient deficiency; body composition; environmental extremes and supplement use in sport

Method of Teaching: Lectures and Laboratories

Assessment: (i) Internal Assessment..... 50%  
(ii) Final Examination ..... 50%

Recommended Text: Williams, M.L. (2009) *Nutrition for Health, Fitness, and Sport (9<sup>th</sup> ed.)*, McGraw Hill

Lectures: Tuesday, Wednesday, Thursday 10.00 - 10.50 am

Laboratories: Tuesday or Thursday 2.00 - 5.00 pm fortnightly

**PHSE 235**  
*(first semester)*

**Contemporary Dance**  
*(18 points)*



Lecturer: Ali East

Description: Identification of key figures in the development of 20<sup>th</sup>-21<sup>st</sup> century contemporary choreographic practice. Theoretical, analytical and practical methodologies will be explored along with dance's interdisciplinary connections.

Prerequisite: PHSE 103 or 115 or 116

Notes: (i) Not available to first year students.  
(ii) Students with equivalent approved experience may be admitted with the Dean's approval.

Method of Teaching: Lectures and Practicals

Assessment: (i) Choreographic Assignments..... 30%  
(ii) Written Assignment (essay) ..... 25%  
(iii) Dialogic Journal ..... 15%  
(iv) Small Choreographic & Review  
Assignment..... 30%

Required/ Recommended Text:  
Reading and viewing material will be provided throughout the course

Lectures: Wednesday 3.00 - 4.50 pm (2 hrs)

Laboratory/Studio: Friday 10.00 - 11.50 am (2 hrs)

Venue: Room 102, 665 Cumberland St

**ANAT 250**  
(first semester)

**Functional Anatomy**  
(18 points)

Coordinator: TBA (*Department of Anatomy*)

Description: Advanced functional anatomy of the musculoskeletal system.

Prerequisite: HUBS 191

Restrictions: ANAT 120, 101, 102, 111

Limited to: BPhEd

Method of Teaching: Lectures and Laboratories

Assessment: (i) Internal Assessment..... 50%  
(Three 10% online tasks and one 20% practical circuit test)  
(ii) External Practical Circuit Assessment .. 50%

Essential Text: Drake, R. L. et al. (2009) *Gray's Anatomy for Students* (2<sup>nd</sup> ed.) Philadelphia: Churchill Livingstone

Lectures: Tuesday, Friday 11.00 - 11.50 am

Laboratories: Monday, Wednesday 9.00 - 10.50 am or  
Monday, Wednesday 11.00 am - 12.50 pm

**PHSE 301**  
*(first semester)*

**Exercise Metabolism**  
*(18 points)*

Lecturer:

Dr Nancy Rehrer



Description:

Extension of the principles of exercise physiology and biochemistry. Focuses on human energetics and the metabolic pathways in which substrates are made available and utilised during exercise.

Prerequisite:

One of PHSE 203, BIOC 221-223, 211-213

Method of Teaching: Lectures and Laboratories

Assessment:

(i) Laboratory Reports..... 35%  
(ii) Mid-Semester Test ..... 15%  
(iii) Final Examination ..... 50%

Lectures:

Tuesday, Thursday 1.00 - 1.50 pm

Laboratory:

6 x 2 hour 50 minute labs

## PHSE 302

(first semester)

## Movement and Performance Analysis in Sport

(18 points)



Lecturer: Professor Roger Bartlett

Description: A mainly qualitative analytical approach to evaluating and improving performance in sport and exercise using biomechanics.

Note: The paper has a strong focus on intra- and inter-performer movement coordination.

Prerequisite: PHSE 202

Method of Teaching: Lectures and Laboratories (also informal tutorials)

Assessment: (i) Laboratory Reports..... 50%  
(ii) Final Examination ..... 50%

Recommended Texts: Bartlett, R.M. (2007) *Introduction to Sports Biomechanics: Analysing Human Movement Patterns*. London: Routledge

Bartlett, R.M., & Bussey, M. (2012) *Sports Biomechanics: Reducing Injury Risk and Improving Sports Performance*. London: Routledge

Hughes, M.D., & Franks, M. (eds). (2008) *The Essentials of Performance Analysis: An Introduction*. London: Routledge

Lectures: Monday, Wednesday 11.00 - 11.50 am

Laboratory: 1 x 3 hour lab per fortnight

Informal Tutorials: 2 x 1 hour slots per week to be arranged

## **PHSE 303**

*(first semester)  
(not offered in 2013)*

## **Biomechanics of Sports Injury**

*(18 points)*



Lecturer: Dr Melanie Bussey

Description: Provides a background to the biomechanical reasons why injuries occur in sport, specifically relating to the biological property of tissues and the estimation of forces in biological structures.

Prerequisite: PHSE 202

Limited to: BPhEd, BPhEd(Hons), PGDipPE

Method of Teaching: Lectures and Laboratories

Assessment: (i) Laboratories & Practical Examination .. 50%  
(ii) Final Examination ..... 50%

Recommended Text: Bartlett, R.M. & Bussey, M.D. (2012) *Sports Biomechanics: Reducing Injuries Risk and Improving Performance*. London: Routledge

Lectures: Tuesday 11.00 - 11.50 am  
Friday 12.00 - 12.50 pm

Laboratories: *Students will be streamed into one of the following:*  
Wednesday 2.00 - 4.50 pm (3 hrs)  
Friday 2.00 - 4.50 pm (3 hrs)

**PHSE 304**  
(second semester)

**Motor Control**  
(18 points)



Lecturer: Dr Jon Shemmell

Description: A study of the processes underlying the learning, regulation and control of movement.

Prerequisites: PHSE 202 & 203

Method of Teaching: Lectures, Seminars, Laboratories

Assessment: (i) Internal Assessment..... 50%  
(ii) Final Examination ..... 50%

Strongly Recommended Text:

Kandel, E.R., Schwartz, J.H., & Jessell, T.M. (2000)  
*Principles of Neural Science* (4<sup>th</sup> ed.) New York:  
McGraw-Hill

Lectures: Monday, Wednesday 11.00 - 11.50 am

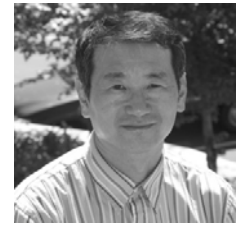
Laboratories: Fortnightly, Wednesday, Thursday  
2.00 - 4.50 pm (3 hrs)

**PHSE 305**  
*(first semester)*

**Lifespan Human Development**  
*(18 points)*

Lecturer:

Dr Motohide Miyahara



Description:

An examination of human growth and development from various theoretical perspectives. Emphases will be placed on appreciation of atypical development from the knowledge of typical development and application of theoretical understanding to individual student's own development.

Prerequisites:

PHSE 202 & 203

Method of Teaching: Lectures and Laboratories

Assessment:

(i) Internal Assessment..... 50%  
(ii) Final Examination ..... 50%

Required Text:

Papalia, D.E., Olds, S.W., & Feldman, R.D. (2007)  
*Human Development (10<sup>th</sup> ed.)*. New York:  
McGraw-Hill

Lectures:

Monday, Wednesday 10.00 - 10.50 am

Laboratories:

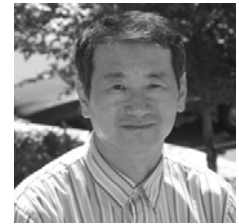
Movement Development Clinic:  
Monday - Thursday 3.30 - 4.30 pm

**PHSE 306**  
(second semester)

**Developmental Motor Disorders**  
(18 points)

Lecturer:

Dr Motohide Miyahara



Description:

An overview of prevalent developmental motor disorders. Assessment and teaching of children with these disorders at the Movement Development Clinic.

Prerequisites:

PHSE 202 & 203

Method of Teaching: Lectures and Laboratories

Assessment:

(i) Internal Assessment..... 50%  
(ii) Final Examination ..... 50%

Required Text:

Dewey, D. & Tupper, D.E. (eds) *Developmental Motor Disorders*. New York: Guilford Publications

Lectures:

Tuesday, Thursday 10.00 - 10.50 am

Laboratories:

Movement Development Clinic:  
Monday - Thursday 3.30 - 4.30 pm

**PHSE 310            Athletic Injuries**

*(not offered)            (18 points)*

*(offered in semester two 2013)*

Lecturer:            TBA

Description:            The identification and understanding of risk factors associated with the most common injuries in sport and the application of that knowledge to develop strategies for injury prevention and rehabilitation.

Prerequisites:            PHSE 202 & 203

Method of Teaching: Lectures and Laboratories

Assessment:            (i) Laboratories & Practical Examination . 50%  
                                  (ii) Final Examination ..... 50%

Highly Recommended Text:

Bahr, R., & Engebretsen, L. (2009). *Sports Injury Prevention*. Chichester: Wiley-Blackwell

Lectures:            Friday, 9 00 - 10.50 am (2 hrs)

Laboratories:            Anatomy laboratory: times to be arranged

Assessment Laboratories:

*Students will be streamed into one of the following:*

Monday 9.00 - 11.50 am (3 hrs)

Monday 2.00 - 4.50 pm (3 hrs)

Wednesday 2.00 - 4.50 pm (3 hrs)

Thursday 2.00 - 4.50 pm (3 hrs)

## PHSE 311

*(first semester)*

## Medical Aspects of Exercise and Physical Activity

*(18 points)*



Coordinator: Dr Lynnette Jones

Lecturer: Dr Lynnette Jones

Description: An overview of the physiological changes that occur with age, obesity and medical conditions, and the impact these changes have on exercise prescription.

Prerequisites: PHSE 202 & 203

Recommended preparation:

One 200-level BIOC or PHSL paper

Method of Teaching: Lectures and Tutorials

Assessment: (i) Internal Assessment..... 40%  
(ii) Final Examination ..... 60%

Recommended Text:

Williamson, P (2011). *Exercise for Special Populations*. Lippincott, Williams & Wilkins, Baltimore, MD

Lectures: Tuesday, Thursday, Friday 11.00 - 11.50 am

Tutorials: *Students will be streamed into one of the following:*

Monday 10.00 - 10.50 am, 1.00 - 1.50 pm  
Tuesday 2.00 - 2.50 pm, 3.00 - 3.50 pm  
Wednesday 1.00 - 1.50 pm, 2.00 - 2.50 pm  
Thursday 10.00 - 10.50 am  
Friday 9.00 - 9.50 am, 12.00 - 12.50 pm,  
1.00 - 1.50 pm

## **PHSE 312**

*(first semester)*

## **Prescription of Physical Activity and Exercise**

*(18 points)*



Coordinator: Dr Phil Handcock

Lecturers: Dr Phil Handcock  
Carolyn Jenkins

Description: A study of the process of prescribing physical activity and/or exercise for all sectors of the population.

Prerequisites: PHSE 202 & 203

Method of Teaching: Lectures, Laboratories and Practical Work

Assessment: (i) Practical Examination..... 20%  
(ii) Assignment..... 30%  
(iii) Final Examination ..... 50%

Lectures: Tuesday, Thursday 8.00 - 8.50 am

## **PHSE 313**

*(full year)*

## **Exercise Prescription Practicum**

*(18 points)*

Coordinator:

Dr Phil Handcock



Lecturers:

Dr Phil Handcock  
Carolyn Jenkins

Description:

Reflective learning within an Exercise Prescription field work placement.

Prerequisites:

PHSE 311 & 312

Note:

Class size will be limited, therefore final admission will require the Dean's approval. Students should have an alternative paper selected if not admitted.

Method of Teaching:

Lectures, Tutorials, Clinical Work and Peer Monitoring

Assessment:

100% Internal Assessment

Lectures/Seminars:

Wednesday 1.00 - 1.50 pm



# **PHSE 315      Physical Activity and Health**

*(Not offered in 2012 ) (18 points)*



Coordinator:            Dr Sandy Mandic

Lecturer:                Dr Sandy Mandic

Description:            Exploring health benefits of physical activity in healthy and clinical populations.

Prerequisites:          PHSE 311 & 312

Note:                      Students who have not passed the normal prerequisites may be admitted with the Dean's approval.

Method of Teaching: Lectures and Seminars

Assessment:            (i) Group Assignment..... 25%  
                              (ii) Mid-Term Examination ..... 25%  
                              (iii) Final Examination ..... 50%

Highly Recommended Text:

Claude Bouchard, Steven N. Blair, William L. Haskell (2007) *Physical Activity and Health*

Lectures/Seminars:    Monday, Wednesday, Friday 10.00 - 10.50 am

## **PHSE 320**

*(second Semester)*

## **Akoranga Whakakori: Māori Physical Activity and Health**

*(18 points)*

Lecturer:

Dr Anne-Marie Jackson



Description:

An introduction to the social and educational significance of physical activity from a Māori perspective.

Prerequisite:

PHSE 104 or MAOR 102

Method of Teaching: Lectures, Wānanga

Assessment:

100% Internal Assessment (Essay, Group Work)

Reading Material:

Will be assigned throughout the course

Lectures/Practicals:

Tuesday 4.00 - 5.50 pm Lectures (2 hrs), and  
Friday 2.00 - 5.50 pm (4 hrs) Practicals

## **PHSE 322**

*(second semester)*

## **Teaching Physical Education and Health**

*(18 points)*



Lecturer: Associate Professor Lisette Burrows

Description: A critical examination of teaching, learning and curriculum in school-based physical education and health.

Prerequisite 54 200-level PHSE points

Note: Students who have not passed 54 200-level PHSE points may be admitted with the Dean's approval.

Method of Teaching: Lectures and Seminars

Assessment: (i) Assignments ..... 50%  
(ii) Final Examination ..... 50%

Required/Recommended Text:  
Some reading material will be provided in class

Lectures: Tuesday 10.00 - 11.50 am (2 hrs)

## **PHSE 323**

*(second semester)*

## **Issues in Physical Education and Health**

*(18 points)*



Lecturer: Associate Professor Lisette Burrows

Description: A seminar course on contemporary issues in physical education and health.

Prerequisite: 54 200-level PHSE points

Note: Students who have not passed 54 200-level PHSE points may be admitted with the Dean's approval.

Assessment: 100% Internal Assessment (Assignments)

Lectures: Tuesday 2.00 - 3.50 pm (2 hrs)

**PHSE 324            Theoretical Perspectives on  
Physical Education and Health**  
*(not offered in 2012) (18 points)*

Coordinator:            Dr Tania Cassidy

Lecturer:              Dr Tania Cassidy

Description:            A seminar course that examines the significance of physical education and health from various theoretical perspectives.

Prerequisite:           54 200-level PHSE points

Note:                    Students who have not passed 54 200-level PHSE points may be admitted with the Dean's approval.

Method of Teaching: Seminars

Assessment:            (i) Assignments (2)..... 40%  
                              (ii) Final Examination ..... 60%

Strongly Recommended Text:  
Readings will be assigned for each seminar.  
Students are expected to critically discuss the content of the readings at each seminar

Seminar:                Thursday 2.00 - 3.50 pm (2 hrs)

**PHSE 325**  
*(second semester)*

**Dance and the Community**  
*(18 points)*



Coordinator: Ali East

Description: A critical examination of the concepts and issues of dance and community particularly dance, in relation to healing, social, educational, political and artistic functions.

Note: An introduction to ethnographic fieldwork with sectors of the local community.

Prerequisite: PHSE 235 or 326

Restriction: PHSE 435

Note: This paper is offered as a 400-level course also; please discuss your eligibility with the course coordinator.

Method of Teaching: Fieldwork, Practical and Theoretical Seminars

Assessment: (i) Essay..... 35%  
(ii) Field Report..... 35%  
(iii) Seminar..... 30%

Seminar: Thursday 3.00 - 4.50 pm (2 hrs)

Practical: Friday 10.00 - 11.50 am (2 hrs)

**PHSE 326**  
*(first semester)*

**Dance Education**  
*(18 points)*



Lecturer: Dr Ojeya Cruz Banks

Description: A critical analysis of local, national and international dance education, pedagogy, curriculum and policy. Focus is placed upon the theories of knowledge that underpin practice and education.

Prerequisites: 54 200-level PHSE points

Restriction: PHSE 436

Notes:

- (i) Students who have not passed 54 200-level PHSE points may be admitted with the Dean's approval.
- (ii) This paper is also offered as a 400-level course; please discuss your eligibility with the course coordinator.

Method of Teaching: Seminars and Practical Studio Work

Assessment: 100% Internal Assessment

Strongly Recommended Text:  
Reading material will be provided throughout the course

Lectures: Monday 4.00 - 5.50 pm (2 hrs)

Practicals: Thursday 4.00 - 5.50 pm (2 hrs)

**PHSE 327**  
(first semester)

**Adventure Education**  
(18 points)



Lecturer: Associate Professor Mike Boyes

Description: An examination of adventure in the outdoors from psychological and sociological perspectives, with emphasis on the role of the group, leadership, risk, challenge, and ecological relationships.

Prerequisite: 54 200-level or above points

Method of Teaching: Lectures and Seminars

Assessment: (i) Assignments (2)..... 50%  
(ii) Final Examination ..... 50%

Recommended Text: Priest, S. & Gass, M.A. (2005). *Effective Leadership in Adventure Programming*. Champaign: Human Kinetics

Lectures: Monday, Wednesday 11.00 - 11.50 am

## **PHSE 328**

## **Teaching and Learning in the Outdoors**

*(not offered in 2012) (18 points)*

Lecturer: Dr Shayne Galloway

Description: An exploration of how people learn through direct experiences in outdoor situations and how natural environments are utilised as learning contexts. These theories will be applied in a residential camp setting.

Prerequisites or corequisites: PHSE 231 & 327

Limited to: BPhEd, BPhEd(Hons), PGDipOE, PGDipPE

Note: Students with equivalent prior outdoor education experience may be admitted with the Dean's approval.

Method of Teaching: Lectures, Seminars and Practical

Assessment: 100% Internal Assessment

Recommended Text: Journal articles and other readings will be assigned during class sessions

Practical: A compulsory 2-day outdoor experience will be programmed mid-week, late September – specific dates to be announced during the first lecture

Seminars: Wednesday 3.00 - 4.50 pm (2 hrs)

**PHSE 329**  
(second semester)

**Sports Technology**  
(18 points)



Lecturer: Associate Professor Chris Button

Description: Considers how various applications of technology have influenced the way that sport is played. Students will be required to critique the relationship of sport and technology from a multidisciplinary perspective.

Recommended Text: (Ross, 2008) *Higher, Further, Faster: Is Technology Improving Sport?* John Wiley & Sons Ltd.

Additional readings will be provided in class.

Prerequisites: PHSE 202 and/or equivalent approved experience.

Note: Also one of STAT 110/115 or COMO 101 is strongly recommended but not essential.

Method of Teaching: A combination of stimulus lectures, seminar discussions, practical workshops and off-site visits will be used

Assessment: (i) Seminar Participation/Presentation..... 30%  
(ii) Final Examination ..... 70%

Seminars: Fridays 3.00 - 4.50 pm (2 hrs)

Prac/Lab sessions: TBA (as determined within class)

**PHSE 330**  
*(first semester)*

**Sports Coaching**  
*(18 points)*



Lecturer: Dr Tania Cassidy

Description: A study of coach and player behaviour and effective coaching strategies.

Prerequisites: PHSE 205 & 206

Method of Teaching: Lectures and Discussions

Assessment: (i) Assignments ..... 60%  
(ii) Final Examination ..... 40%

Lectures: Wednesday, Thursday 2.00 - 2.50 pm

**PHSE 331            Coaching Junior Athletes**

*(not offered in 2012) (18 points)*

Lecturer:                    TBA

Description:                A study of effective instructional strategies and current issues in youth sports.

Prerequisite:                PHSE 330

Method of Teaching: Lectures and Discussions

Assessment:                (i) Internal Assessment..... 60%  
                                      (ii) Final Examination ..... 40%

Lectures:                    Tuesday, Thursday 12.00 - 12.50 pm

## **PHSE 333      Leisure Dimensions**

*(not offered in 2012) (18 points)*

Lecturer:                      Dr Shayne Galloway

Description:                      Historical perspectives on leisure behaviour; the role and scale of contemporary recreation and leisure; social, economic and behavioural determinants of the demand for recreation, the identification and evaluation of recreational resources.

Prerequisite:                      54 200-level PHSE points

Method of Teaching: Lectures

Assessment:                      (i) Essays..... 30%  
    (ii) Seminar Presentation..... 30%  
    (iii) Final Examination..... 40%

Required/Recommended Text:

Journal and other reading materials will be advised during classes

Lectures:                              Friday 11.00 - 12.50 pm (2 hrs)

**PHSE 334**  
*(first semester)*

**Advanced Sport Psychology**  
*(18 points)*

Lecturer:

Dr Elaine Hargreaves



Description:

An in-depth examination of the role that social psychological variables play in participation and performance in sport, and psychological development via sports participation.

Prerequisite:

PHSE 205

Recommended

Preparation:

PSYC 202

Method of Teaching: Lectures and Tutorials

Assessment:

- (i) Essay Assignment..... 35%
- (ii) Tutorials..... 15%
- (iii) Final Examination ..... 50%

Lectures:

Tuesday, Thursday 9.00 - 9.50 am

**PHSE 335**  
(second semester)

**Applied Sport Psychology**  
(18 points)



Lecturer: Professor Ken Hodge

Description: An examination of the philosophy and practice of sport psychology interventions in sport and physical activity. The theoretical and research basis of sport psychology interventions will also be examined.

Prerequisite: PHSE 334

Method of Teaching: Lectures and Tutorials

Assessment: (i) Essay Assignment ..... 25%  
(ii) Tutorials ..... 15%  
(iii) Final Examination ..... 60%

Recommended Text: Hodge, K. (2004) *Sport Motivation* (2<sup>nd</sup> ed.)  
Auckland: Reed

Lectures: Tuesday, Thursday 9.00 - 9.50 am

**PHSE 336**  
*(second semester)*

**Exercise Psychology**  
*(18 points)*



Lecturer: Dr Elaine Hargreaves

Description: An examination of how psychological factors can affect participation in exercise and physical activity, and how exercise and physical activity can influence psychological parameters and health outcomes.

Prerequisite: PHSE 334

Method of Teaching: Lectures and Tutorials

Assessment: (i) Internal Assessment..... 50%  
(ii) Final Examination ..... 50%

Lectures: Monday 1.00 - 1.50 pm  
Wednesday 2.00 - 2.50 pm

**PHSE 337**  
*(second semester)*

**Body, Culture and Society**  
*(18 points)*



Lecturer: Marguerita Lázár

Description: The sociocultural analysis of the social construction, control and expression of the body in the context of physical activity.

Prerequisites: PHSE 204 & 206

Limited to: BPhEd, BPhEd(Hons), PGDipPE

- Notes:
- (i) 54 approved 200-level points may be substituted for the PHSE 204 and 206 prerequisites.
  - (ii) PHSE 337 may also be taken by students studying towards a Bachelor of Arts, with a Major or Minor in Sociology.

Method of Teaching: Lectures and Seminars

Assessment:

- (i) Internal Assessment..... 50%
- (ii) Final Examination ..... 50%

Lectures: Wednesday 12.00 - 12.50 pm  
Thursday 10.00 - 11.50 pm (2 hrs)

**PHSE 338**  
*(first semester)*

**Advanced Sociology of Sport**  
*(18 points)*

Lecturer:

Professor Steven Jackson



Description:

Advanced study of sociological theories, methods and research related to sport.

Prerequisite:

PHSE 206

Method of Teaching: Lectures

Assessment:

(i) Internal Assessment..... 50%  
(ii) Final Examination ..... 50%

Lectures:

Wednesday 9.00 - 10.50 am (2 hrs)

## **PHSE 339**

*(first semester)*

## **Sport Governance and Administration**

*(18 points)*



Lecturer: Dr Mike Sam

Description: An introduction to organisation theory and its application to New Zealand sport agencies. An overview of the sport delivery system in New Zealand is presented with an emphasis on the relationships between the various organisations. Involves a review of the context within which organisations operate, examining their roles and structures along with the key issues they face.

Prerequisites: PHSE 204 & 206

Method of Teaching: Lectures, Tutorials

Assessment: (i) Internal Assessment..... 50%  
(ii) Final Examination ..... 50%

Lectures: Tuesday, Friday 1.00 - 1.50 pm

Tutorials: TBA

**PHSE 340**  
*(first semester)*

**Sport Management and Strategy**  
*(18 points)*

Lecturer:

Dr Sally Shaw



Description:

An examination of selected principles of management and public administration considered important to New Zealand sport organisations.

Method of Teaching: Lectures

Assessment:

(i) Internal Assessment..... 60%  
(ii) Final Examination ..... 40%

Lectures:

Monday 10.00 - 10.50 am  
Thursday 11.00 - 11.50 am

**PHSE 380**  
*(each semester)*

**Independent Study**  
*(18 points)*

Coordinator:

Chair of Graduate & Honours Committee

Description:

An original research project, or an approved topic or project relating to physical education.

Prerequisite:

54 200-level PHSE points

Note:

Students must have a signed letter from an academic staff member indicating that they are willing to supervise the project, and provide a one-page outline stating the title of the project, a brief description and the nature of the final product to be submitted.

Method of Teaching: Seminars

## **PHSE 391**

*(full year)*

## **Research Design and Analysis**

*(24 points)*

Lecturers:

Dr Mark Falcous  
Dr Motohide Miyahara



Description:

The techniques of literature search and reviewing, research design in projects, and preparation of a research proposal.

Limited to:

BPhEd

Prerequisites:

PHSE 202-206

Method of Teaching: Lectures and Tutorials

Assessment:

100% Internal Assessment

Lectures:

First Semester:  
Monday 2.00 - 3.50 pm (2 hrs)

Second Semester:  
TBA

**PHSE 401**  
*(second semester)*

**Advanced Exercise Physiology**  
*(18 points)*

Coordinator: Dr Nancy Rehrer

Lecturer: Dr Jim Cotter



Description: An advanced course in exercise physiology. Extending the physiological principles of exercise and training adaptation, built upon knowledge of metabolic requirements of exercise.

Prerequisite: PHSE 301

Note: The prerequisite PHSE 301 may be substituted with 36 approved 200-level PHS� points.

Method of Teaching: Lectures and Laboratories

Assessment: (i) Laboratory Reports ..... 35%  
(ii) Project..... 15%  
(iii) Final Examination ..... 50%

Lectures: Wednesday 12.00 - 12.50 pm  
Friday 11.00 - 11.50 am

Laboratories: 7 x 2 hour 50 minutes labs

## **PHSE 402      Disability Case Study Research**

*(first or second semester) (18 points)*

Lecturer:                      Dr Motohide Miyahara



Description:                      Theory and practice of case study research as an empirical inquiry. Students conduct a pilot study with children at the Movement Development Clinic or at any fields of their interests related to disability.

Prerequisites:                      PHSE 305 & 306 if the pilot case study research is conducted at the Movement Development Clinic. Otherwise, equivalent approved experience.

Note:                                      Offered if three or more students are enrolled.

Method of Teaching:                      Seminars and practical

Assessment:                              100% Internal Assessment

Required Text:                              Yin, R. (2002). *Case study research: Design and methods (3<sup>rd</sup> ed.)* Thousand Oaks, CA: Sage Publications

Seminars:                                      TBA

Teaching Laboratories:  
    Movement Development Clinic:  
    Monday – Thursday 3:30 – 4.30 pm

**PHSE 414      Dance Education Philosophy (and  
Research Issues)**

*(not offered in 2012) (18 points)*

Lecturer:                    TBA

Description:                A critical study of issues in dance education.  
Examines philosophies of knowledge that underpin  
the theory and practice of dance education in a  
variety of educational contexts.

Prerequisite:                PHSE 326

Recommended  
preparation:                PHSE 235 and (322 or 325)

Method of Teaching:      Seminars and Practical Work

Assessment:                100% Internal Assessment

Recommended Text:      Assigned readings

Lectures:                    Wednesday 4.00 - 5.50 pm (2 hrs)



**PHSE 416**  
*(second semester)*

**Adventure, Environment and Society**  
*(18 points)*

Lecturer:

Associate Professor Mike Boyes



Description:

An examination of human and environmental relationships in outdoor and adventure education in society. Students will explore their personal connections with nature through the literature and in a residential camp setting.

Notes:

36 approved 300-level points.

Method of Teaching:

Seminars and a Weekend Field Trip

Assessment:

100% Internal Assessment:

- (i) Essay ..... 30%
- (ii) Environmental Issue & Presentation ... 30%
- (iii) Field Trip ..... 40%

Recommended Text:

Assigned readings

Seminars:

Thursday 1.00 - 2.50 pm (2 hrs)

**PHSE 422**  
*(second semester)*

**Sport and Leisure Policy**  
*(18 points)*



Lecturer: Dr Mike Sam

Description: An examination of sport and leisure policy formulation at national, regional and local levels. Analyses social policy with respect to sport and leisure.

Prerequisite: PHSE 339

Method of Teaching: Seminars

Assessment: (i) Presentation ..... 30%  
(ii) Essay (1)..... 30%  
(iii) Essay (2)..... 40%

Lectures: Thursday 2.00 - 3.50 pm (2 hrs)



**PHSE 424**  
*(second semester)*

**Sport, Media and Culture**  
*(18 points)*

Lecturer:

Professor Steven Jackson



Description:

A critical examination of the interrelationship between sport, media and culture.

Prerequisite:

PHSE 338

Method of Teaching:

Lectures and Tutorials

Assessment:

(i) Internal Assessment..... 50%  
(ii) Examination ..... 50%

Lectures:

Wednesday 9.00 - 10.50 am (2 hrs)

**PHSE 425**  
*(full year)*

**Sport Management Practicum**  
*(18 points)*



Coordinator: Dr Mike Sam

Description: Approved practical experience in a sport organisation incorporating an examination of the organisation and the completion of a major project.

Prerequisites: PHSE 339 & 340

Limited to: BPhEd, BPhEd(Hons) or PGDipPE

Note: Due to the limited number of places available, enrolment in this paper is subject to the Dean's approval.

Method of Teaching: Initial Lecture, Practical Work Experience

Assessment: (i) Practicum Outline ..... 20%  
(ii) Project Report ..... 50%  
(iii) Work evaluation / Supervisor ..... 30%

Lectures: Initial Lectures (first 3 weeks)  
Wednesday 2.00 - 2.50 pm

**PHSE 426                      Coaching Practice and Research**  
*(not offered in 2012) (18 points)*

Lecturer:                      TBA

Description:                      Combines the theoretical study of effective instructional strategies and current issues in sports coaching with approved practical and research experiences.

Prerequisites  
or corequisites:                      PHSE 205 & 206 & 330

Restrictions:                      PHSE 367, 379

Limited to:                      BPhEd, BPhEd(Hons), PGDipPE

Note:                                      Class size will be limited therefore final admission will require the Dean's approval. Students should have an alternative paper selected if not admitted.

Method of Teaching: Lectures, Reflection, Practical and Research Experiences

Assessment:                      (i) Practicum Experience..... 50%  
    (ii) Research Experience ..... 50%

Lectures:                                      Monday 10.00 - 11.50 am (2 hrs)

**PHSE 430            Critical Aspects of Sport  
Management**

*(not offered in 2012) (18 points)*

Lecturer:            Dr Sally Shaw

Description:            An analysis of sport management, using the application of critical theory to develop practice. There will be an opportunity to examine, discuss, and critique contemporary sport management issues.

Prerequisite:            PHSE 339 or 340

Method of Teaching: Lectures

Assessment:            100% Internal Assessment

Lectures:            Monday 10.00 - 11.50 am (2 hrs)

**PHSE 435**  
*(second semester)*

**Dance and the Community**  
*(18 points)*



Coordinator: Ali East

Description: A critical examination of the concepts and issues of dance and community, particularly dance in relation to healing, social, educational, political and artistic functions.

Note: Students will be required to undertake an ethnographic community dance research project.

Prerequisites: PHSE 235 or 326, or equivalent approved experience

Restriction: PHSE 325

Method of Teaching: Fieldwork, Practical & Theoretical Seminars

Assessment:

- (i) Research Essay (Literature Review).... 20%
- (ii) Seminar..... 20%
- (iii) Ethical Approval Submission ..... 15%
- (iv) Ethnographic Research Report ..... 45%

Seminar: Thursday 3.00 - 4.50 pm (2 hrs)

Practical: Friday 10.00 - 11.50 am (2 hrs)

## **PHSE 436**

*(first semester)*

## **Dance Education**

*(18 points)*



Lecturer: Dr Ojeya Cruz Banks

Description: A critical analysis of local, national and international dance education, pedagogy, curriculum and policy. Focus is placed upon the theories of knowledge that underpin practice and education.

Prerequisites: PHSE 235 or 325, or equivalent approved experience

Restriction: PHSE 326

Method of Teaching: Seminars and Practical Studio Work

Assessment: 100% Internal Assessment

Strongly Recommended Text:

Reading material will be provided throughout the course

Lectures: Monday 4.00 - 5.50 pm (2 hrs)

Practical: Thursday 4.00 - 5.50 pm (2 hrs)

# PHSE 427/428 Topics in Advanced Physical Education

The following Topics are available for 2011. Students may enrol for one or more of these papers. Students enrolling for one of these papers should enrol in PHSE 427 (irrespective of the paper chosen). Students enrolling for two papers should enrol for PHSE 427 and PHSE 428.

## Advanced Medical Aspects of Exercise & Physical Activity – Exercise for Cancer Rehabilitation

*(first semester 2012) (18 points)*

Coordinator: Dr Lynnette Jones

Lecturer: Dr Lynnette Jones



Description: An introduction to the effect cancer has on physiological systems relevant to exercise programming. Students will also be introduced to exercise testing and exercise prescription for individuals with cancer.

Prerequisites: PHSE 311 & 312, BIOC 111 and/or any 200-level PHSL paper highly recommended.

Limited to: BPhEd, BPhEd(Hons), PGDipPE  
Places limited to 10 students based on grades for PHSE 311 and PHSE 312. Students should have an alternative paper selected if not admitted.

Method of Teaching: Lectures and Laboratories

Assessment: 100% Internal Assessment

Recommended Text: Ehrman, J.K., Gordon, P.M., Visich, P.S. & Keteyian, S.J. (2009). *Clinical Exercise Physiology*. (2<sup>nd</sup> ed) Human Kinetics, Champaign, Il.

Lectures: Monday 2.00 - 3.50pm (2 hrs)

Laboratories: TBA

# Cardiac Rehabilitation

(second semester) (18 points)

Lecturer: Dr Sandy Mandic



Description: This paper will examine fundamentals of cardiac rehabilitation and clinical exercise physiology. The paper will provide in-depth study of exercise prescription for cardiac patients, interpretation of clinical exercise tests with ECG monitoring, and clinical experiences in cardiac rehabilitation setting.

Prerequisites: PHSE 311, 312, 315. Entry limited to 15 students based on grades in relevant papers (generally PHSE 203, 311, 312 & 315).

Method of Teaching: 2 hour lectures per week with practical/lab sessions as required (“hands on” clinical experiences)

Assessment: 100% Internal Assessment

Required Text: American College of Sports Medicine (2009) *ACSM’s Guidelines for Exercise Testing and Prescription* (8<sup>th</sup> ed.) Lippincott Williams & Wilkins

Additional readings will be provided in class

Lectures: Monday 12.00 - 12.50 pm  
Tuesday 9.00 - 10.50 am

Laboratories: TBA (as determined within class)

# **World Dance Perspectives and Choreography**

*(first semester)*

*(18 points)*



Lecturer: Dr Ojeya Cruz Banks

Description: This paper examines socio-cultural perspectives of dance that draws from dance anthropology, critical dance studies and practice/performance based research. Students will select individual research topics that guide their choreographic research and practice. Optional research pathways will include: Māori Contemporary Dance, Pacific Island Dance, and dance's relationship to music, health, ecology, cultural identity, autobiography, gender, film and other technologies within unique cultural context. The paper strives to collate a wide range of intercultural understandings of dance.

Prerequisites: PHSE 235, 325 or 326 and/or equivalent approved experience

Method of Teaching: Seminar and Dance Lab/Practice

Assessment: (All Internal) Literature Review Essay and Performance Forum

Lectures/Seminars: TBA  
1 hour per week of independent studio time

# **Movement Rehabilitation**

*(first semester)*

*(18 points)*

Lecturer:

Dr Jon Shemmell



Description:

This paper will introduce students to experimental techniques for improving motor function for people with movement disorders. The assessment project requires students to use their knowledge of the motor skill acquisition and central nervous system function to develop and test an intervention designed to enhance movement coordination.

Prerequisites:

PHSE 304. Entry limited to 16 students, based on grades in relevant papers (generally PHSE 202, 203, 301 & 304)

Teaching Method:

2-hour seminar per week, with practical/lab sessions as required

Assessment:

100% Internal Assessment

Seminars:

Provisionally Tuesdays 10.00 - 11.50 am (2hrs)

Prac/Lab sessions:

TBA (as determined within class)

**PHSE 471**  
*(first semester)*

**Research Seminar**  
*(24 points)*



Lecturer: Professor Douglas Booth

Description: Examines questions about knowledge and its discovery, politics and culture in the context of the broad interdisciplinary base that comprises Physical Education.

Prerequisite: PHSE 391

Limited to: BPhEd, BPhEd(Hons), MDanceSt, MPhEd, PGDipPE

Method of Teaching: Seminars

Assessment: 100% Internal Assessment

Lectures: Monday 12.00 - 1.50 pm (2 hrs)  
(subject to change)

**PHSE 491**  
*(full year)*

**Dissertation**  
*(48 points)*

Coordinator: Honours Coordinator

Description: Candidates are required to submit for examination a dissertation on a topic approved by the Dean of the School of Physical Education.

Prerequisite: PHSE 391

Limited to: BPhEd(Hons)

Notes:

- (i) In approved cases may be taken for BSc(Hons) in Neuroscience.
- (ii) **Dissertation must be completed by 1 October. The penalty for late submission of honours dissertations is 5% per day.**

Method of Teaching: Seminars

## **Graduate Students Only**

### **PHSE 480**

*(full year)*

### **Research Project**

*(36 points)*

Coordinator:

Chair of Graduate & Honours Committee

Limited to:

MDanceSt, PGDipOE, PGDipPE

### **PHSE 495**

*(full year)*

### **Master's Thesis Preparation**

*(24 points)*

Preparation of a thesis proposal/preliminary thesis research. Normally taken by students in the papers year for a Master's degree by papers and thesis.

Limited to:

MPhEd

Assessment:

100% Internal Assessment

## Honours

Admission to the Honours programme means that students will complete a course of study that is more research-oriented than a normal BPhEd degree, and requires more work in terms of the number of courses undertaken over the programme. The major focus of the degree is the research dissertation, which is worth 48 points and **is to be completed by 1 October** in the student's 4<sup>th</sup> year. A BPhEd (Hons) degree is more prestigious than a normal BPhEd, although it is completed in the same total amount of time. Further information can be found on:

<http://physed.otago.ac.nz>.

**Honours Coordinator:** Dr Mark Falcous

### **IMPORTANT NOTE FOR ALL THIRD YEAR STUDENTS IN 2012**

The Physical Education Honours programme has traditionally been a two-year programme (undertaken during the students' third and fourth year). For third year's students during 2012 it is transitioning to a one year programme which will run during the student's fourth year - 2013. If you wish to gain entry to this one-year honours programme, during your third year of study you should take:

- PHSE 391 Research Design and Analysis (this is a prerequisite for honours entry)
- Upper level papers in the area you wish to pursue for honours research
- Upper level papers outside of Physical Education that will complement your area of research interest

Students will be required to apply for entry during the second semester of their third year. The criteria for entry will usually be:

- B+ average across all papers
- Successful completion of PHSE 391, with a minimum B+ grade
- Agreement from a research supervisor

N.B. the precise GPA for entry will fluctuate depending upon demand, and entry into particular disciplinary areas may be oversubscribed.

**For those currently completing the 4<sup>th</sup> year of the two year honours programme honours during 2012 major requirements are:**

**Exercise and Sport Science** PHSE 491, 471 and 72 points from PHSE 300 or 400 level papers, at least 36 points of which must be from PHSE 301-305, 314, 315, 401

**Exercise Prescription and Management** PHSE 491, 471 and 72 points from PHSE 300 or 400 level papers, at least 36 points of which must be from PHSE 310, 313-315, 336, 401

**Note:** **PHSE 311 and 312 are required EXPR papers**

**Professional Studies** PHSE 491, 471 and 72 points from PHSE 300 or 400 level papers, at least 36 points of which must be from PHSE 320, 322-331, 414-416, 426, 427/8

**Sport and Leisure Studies** PHSE 491, 471 and 72 points from PHSE 300 or 400 level papers, at least 36 points of which must be from PHSE 320, 330-340, 422-426, 430

## Criteria and Standards for Honours Dissertations

Standard	A. Comprehension of topic and field	B. Methods and techniques
3 <sup>rd</sup> Class Hons (50-59%)	<b>A1</b> Basic comprehension of core concepts relating to topic and limited location of the topic within more general knowledge of the field of study	<b>B1</b> Obvious limitations of the methods selected in relation to illuminating the research problem, evidence of limited technical competence and some technical errors in collection resulting in poor data
2 <sup>nd</sup> Class Div 2 Hons (60-69%)	<b>A2</b> Satisfactory comprehension of core concepts and information relating to topic though limited location of the topic within more general knowledge of the field of study	<b>B2</b> Generally sound selection of methods in relating to illuminating the research problem, evidence of sound technical competence with some errors in collection affecting the quality of data
2 <sup>nd</sup> Class Div 1 Hons (70-79%)	<b>A3</b> Good comprehension of core concepts and information relating to topic and location of the topic within more general knowledge of the field of study	<b>B3</b> Clearly appropriate and relevant methods selected in relation to illuminating the research problem, evidence of sound technical competence resulting in the collection of good data
(No 2s and more 4s than 3s) 1 <sup>st</sup> Class Hons (80-100%)	<b>A4</b> Excellent comprehension of core concepts and information relating to topic and creative and/or insightful links to more general knowledge of the field of study	<b>B4</b> Clearly appropriate and creative methods selected in relating to illuminating the research problem, evidence of mastery of techniques resulting in the collection of excellent data

## Criteria and Standards for Honours Dissertations

<b>C. Analysis and interpretation of data</b>	<b>D. Written expression and structure of dissertation</b>	<b>Standard</b>
<b>C1</b> Generally ineffective analysis of data and draws some inappropriate conclusions, some errors in referencing with limited relevance to interpretation	<b>D1</b> Reasonable sentence construction but with occasional lapses, limited vocabulary, organisation of material does not consistently address the topic, regular grammatical and spelling errors	3 <sup>rd</sup> class Hons (50-59%)
<b>C2</b> Correct but not always systematic analysis of data, draws conclusions that shows limited insight, correct referencing that contributes generally to interpretation	<b>D2</b> Reasonable sentence construction and appropriate though limited vocabulary, some organisation of material to address the topic, generally correct grammar and spelling	2 <sup>nd</sup> Class Div 2 Hons (60-69%)
<b>C3</b> Systematic and effective analysis of data, appropriate interpretations and defensible conclusions that have some potential to contribute to knowledge in the field, correct referencing that contributes to the quality of interpretation	<b>D3</b> Good sentence construction, vocabulary and organisation of material that addresses the topic effectively, few minor grammatical or spelling errors	2 <sup>nd</sup> Class Div 1 Hons (70-79%)
<b>C4</b> Systematic and effective analysis of data, insightful and creative interpretations, conclusions that have clear potential to contribute to knowledge in the field, referencing contributes clearly and specifically to the quality of interpretation	<b>D4</b> Clear, concise and economical writing, wide vocabulary, excellent organisation of material illuminates topic directly, consistently good grammar and spelling	(No 2s and more 4s than 3s) 1 <sup>st</sup> Class Hons (80-100%)

*(Based on a template from the University of Queensland)*

# Lecture Timetable Semester One

## 2012 TIMETABLE - FIRST SEMESTER

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8.00</b>	STAT 110 HUBS 191	STAT 110 PHSE 312	STAT 110 HUBS 191	STAT 110 HUBS 191 PHSE 312	HUBS 191
<b>9.00</b>	HUBS 191	PHSE 115 (P) PHSE 334 PHSE 203	PHSE 338	PHSE 334 PHSE 203	PHSE 205 PHSE 310*
<b>10.00</b>	STAT 110 PHSE 305 PHSE 340 PHSE 426*	STAT 110 PHSE 115 (P) PHSE 205 HUNT 232	STAT 110 HUNT 232 PHSE 305 PHSE 338	STAT 110 PHSE 205 HUNT 232	PHSE 101 HUBS 191 PHSE 235 (P) PHSE 310*
<b>11.00</b>	PHSE 302 PHSE 327 PHSE 426*	ANAT 250 PHSE 303 PHSE 311	PHSE 101 PHSE 302 PHSE 327	PHSE 101 PHSE 311 PHSE 340	PHSE 235 (P) ANAT 250 PHSE 311 PHSE 333*
<b>12.00</b>	PHSE 115 (S) PHSE 471 (S)		PHSE 115 (S)	HUBS 191	PHSE 333* PHSE 303
<b>1.00</b>	PHSE 471 (S)	PHSE 301 PHSE 339	HUBS 191 PHSE 203 PHSE 313 PHSE 415*	PHSE 301	PHSE 339
<b>2.00</b>	PHSE 391	PHSE 423*	PHSE 330 PHSE 415*	PHSE 324* PHSE 330	
<b>3.00</b>	PHSE 391	PHSE 423*	PHSE 235 (S)	PHSE 324*	
<b>4.00</b>	PHSE 326 PHSE 436	PHSE 115 (P)	PHSE 235 (S)	PHSE 326 (P) PHSE 436 (P)	
<b>5.00</b>	HUBS 191 PHSE 326 PHSE 436	PHSE 115 (P)	HUBS 191	HUBS 191 PHSE 326 (P) PHSE 436 (P)	HUBS 191

\* Not offered in 2012

\*\* May not be offered in 2012

(P) Practicals (S) Seminars

## Lecture Timetable Semester Two

### 2012 TIMETABLE – SECOND SEMESTER

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8.00</b>	STAT 115			STAT 115	STAT 115
<b>9.00</b>	PHSE 206 PHSE 314	HUBS 192 PHSE 335	HUBS 192 PHSE 206 PHSE 314 PHSE 424	HUBS 192 PHSE 335	HUBS 192
<b>10.00</b>	PHSE 202 PHSE 315* PHSE 430*	PHSE 116 (P) PHSE 306 PHSE 322	PHSE 202 PHSE 315* PHSE 424	PHSE 306 PHSE 337	PHSE 202 PHSE 315* PHSE 325 (P) PHSE 435 (P)
<b>11.00</b>	PHSE 304 PHSE 430*	PHSE 116 (P) PHSE 322	PHSE 102 PHSE 304	PHSE 337	PHSE 206 PHSE 325 (P) PHSE 401 PHSE 435 (P)
<b>12.00</b>	PHSE 116 (S)	HUBS 192 PHSE 331*	PHSE 116 (S) HUBS 192 PHSE 401 PHSE 337	HUBS 192 PHSE 331*	HUBS 192
<b>1.00</b>	PHSE 336	PHSE 102	PHSE 313	PHSE 102 PHSE 416	
<b>2.00</b>	PHSE 391	PHSE 323	PHSE 336	PHSE 204 PHSE 422 PHSE 416	PHSE 320 (P)
<b>3.00</b>		PHSE 204 PHSE 323	PHSE 328*	PHSE 204 PHSE 325(S) PHSE 422 PHSE 435 (S)	PHSE 320 (P) PHSE 329 (S)
<b>4.00</b>	PHSE 116 (P)	PHSE 116 (P) PHSE 320	PHSE 328* PHSE 414*	PHSE 325(S) PHSE 435 (S)	PHSE 320 (P) PHSE 329 (S)
<b>5.00</b>	PHSE 116 (P)	STAT 115 PHSE 116 (P) HUBS 192 PHSE 320	HUBS 192 PHSE 414*	HUBS 192	HUBS 192 PHSE 320 (P)

\* Not offered in 2012

\*\* May not be offered in 2012

(P) Practicals (S) Seminars

Papers marked: \*are not offered in 2012, \*\* may not be offered in 2012

Please consult advisers to confirm degree completion.

## Checklist for EXPR Major 2012 (Guidelines only)

### First Year

- |   |   |
|---|---|
| <input type="checkbox"/> PHSE 101 (18) Sociocultural Fndtns of PhysEd<br><input type="checkbox"/> PHSE 103 (18) Movement Education 1A & 1B<br><input type="checkbox"/> HUBS 191 (18) Human Body Systems I | <input type="checkbox"/> PHSE 102 (18) Biophysical Fndtns of Human Mvmt<br><input type="checkbox"/> HUBS 192 (18) Human Body Systems II |
|---|---|

PLUS 36 Points from any degree

Course code	Points	Course code	Points
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>

### Second Year

- |  |  |
|--|--|
| <input type="checkbox"/> ANAT 250 (18) Functional Anatomy<br><input type="checkbox"/> PHSE 104 (18) Applied Physical Experiences<br><input type="checkbox"/> PHSE 202 (18) Movement Analysis & Control<br><input type="checkbox"/> PHSE 203 (18) Exercise Physiology | <input type="checkbox"/> PHSE 204 (18) History of Sport<br><input type="checkbox"/> PHSE 205 (18) Psychology of Sport<br><input type="checkbox"/> PHSE 206 (18) Sociology of Sport |
|--|--|

### Third and Fourth Year

**PLUS 126 points** from any degree  
(54 points must be above 100-level)

Course code	Course code
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Course code	Course code
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Course code	Course code
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Course code	
<input style="width: 100%;" type="text"/>	

**PLUS 54 points** from  
PHSE 200/300/400 level papers

Course code	Course code
<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>
Course code	
<input style="width: 100%;" type="text"/>	

**Third and Fourth Year – Major - Four of the following (72 pts over two years: Choose 36 pts per year)**

- PHSE 311 Medical Aspects of Ex. & Physical Activity (**required**)
- PHSE 312 Prescription of Physical Activity & Exercise (**required**)

**And any two of**

- PHSE 310\* Athletic Injuries
- PHSE 313 Exercise Prescription Practicum
- PHSE 314 Athletic Training and Conditioning
- PHSE 315\*Physical Activity and Health
- PHSE 336 Exercise Psychology
- PHSE 401 Advanced Exercise Physiology

**Total Points = 504**

Papers marked: \*are not offered in 2012, \*\*may not be offered in 2012

Please consult advisors to confirm degree completion.

## Checklist for EXSS Major 2012 (Guidelines only)

### First Year

- |   |   |
|---|---|
| <input type="checkbox"/> PHSE 101 (18) Sociocultural Fndtns of PhysEd | <input type="checkbox"/> PHSE 102 (18) Biophysical Fndtns of Human Mvmt |
| <input type="checkbox"/> PHSE 103 (18) Movement Education 1A & 1B     | <input type="checkbox"/> HUBS 192 (18) Human Body Systems II            |
| <input type="checkbox"/> HUBS 191 (18) Human Body Systems I           |   |

**Note Stat 110 required for this Major**

PLUS 36 Points from any degree

Course code	Points	Course code	Points
<input style="width: 100px;" type="text"/>	<input style="width: 50px;" type="text"/>	<b>STATS 110</b>	<input style="width: 50px;" type="text"/>

### Second Year

- |   |  |
|---|--|
| <input type="checkbox"/> ANAT 250 (18) Functional Anatomy           | <input type="checkbox"/> PHSE 204 (18) History of Sport    |
| <input type="checkbox"/> PHSE 104 (18) Applied Physical Experiences | <input type="checkbox"/> PHSE 205 (18) Psychology of Sport |
| <input type="checkbox"/> PHSE 202 (18) Movement Analysis & Control  | <input type="checkbox"/> PHSE 206 (18) Sociology of Sport  |
| <input type="checkbox"/> PHSE 203 (18) Exercise Physiology          |  |

### Third and Fourth Year

**PLUS 126 points** from any degree  
(54 points must be above 100-level)

Course code	Course code
<input style="width: 100px;" type="text"/>	<input style="width: 100px;" type="text"/>
Course code	Course code
<input style="width: 100px;" type="text"/>	<input style="width: 100px;" type="text"/>
Course code	Course code
<input style="width: 100px;" type="text"/>	<input style="width: 100px;" type="text"/>
Course code	
<input style="width: 100px;" type="text"/>	

**Third and Fourth Year – Major - Four of the following (72 pts over two years: Choose 36 pts per year)**

- PHSE 301 Exercise Metabolism
- PHSE 302 Movement & Performance Analysis in Sport
- PHSE 303 Biomechanics of Sports Injury
- PHSE 304 Motor Control
- PHSE 305 Lifespan Human Development
- PHSE 306 Developmental Motor Disorders
- PHSE 314 Athletic Training and Conditioning
- PHSE 315\*Physical Activity and Health
- PHSE 329 Sport Technology
- PHSE 401 Advanced Exercise Physiology

**PLUS 54 points** from  
PHSE 200/300/400 level papers

Course code	Course code
<input style="width: 100px;" type="text"/>	<input style="width: 100px;" type="text"/>
Course code	
<input style="width: 100px;" type="text"/>	

**Total Points = 504**

Papers marked: \*are not offered in 2012, \*\*may not be offered in 2012  
 Please consult advisers to confirm degree completion.

## Checklist for PROF Major 2012 (Guidelines only)

### First Year

- |   |  |
|---|--|
| <input type="checkbox"/> PHSE 101 (18) Sociocultural Fndtns of PhysEd | <input type="checkbox"/> PHSE 102 (18) Biophysical Fndtns of HumanMvmt |
| <input type="checkbox"/> PHSE 103 (18) Movement Education 1A & 1B     | <input type="checkbox"/> HUBS 192 (18) Human Body Systems II           |
| <input type="checkbox"/> HUBS 191(18) Human Body Systems I            |  |

PLUS 36 Points from any degree

Course code	Points	Course code	Points
<input style="width: 100px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 100px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>

### Second Year

- |   |  |
|---|--|
| <input type="checkbox"/> ANAT 250 (18) Functional Anatomy           | <input type="checkbox"/> PHSE 204 (18) History of Sport    |
| <input type="checkbox"/> PHSE 104 (18) Applied Physical Experiences | <input type="checkbox"/> PHSE 205 (18) Psychology of Sport |
| <input type="checkbox"/> PHSE 202 (18) Movement Analysis & Control  | <input type="checkbox"/> PHSE 206 (18) Sociology of Sport  |
| <input type="checkbox"/> PHSE 203 (18) Exercise Physiology          |  |

### Third and Fourth Year

**PLUS 126 points** from any degree  
 (54 points must be above 100-level)

Course code	Course code
<input style="width: 100px; height: 20px;" type="text"/>	<input style="width: 100px; height: 20px;" type="text"/>
Course code	Course code
<input style="width: 100px; height: 20px;" type="text"/>	<input style="width: 100px; height: 20px;" type="text"/>
Course code	Course code
<input style="width: 100px; height: 20px;" type="text"/>	<input style="width: 100px; height: 20px;" type="text"/>
Course code	
<input style="width: 100px; height: 20px;" type="text"/>	

**PLUS 54 points** from  
 PHSE 200/300/400 level papers

Course code	Course code
<input style="width: 100px; height: 20px;" type="text"/>	<input style="width: 100px; height: 20px;" type="text"/>
Course code	
<input style="width: 100px; height: 20px;" type="text"/>	

**Total Points = 504**

**Third and Fourth Year – Major –  
 Four of the following**  
 (72 pts over two years: choose 36 pts per year)

- PHSE 320 Akoranga Whakakori
- PHSE 322 Teaching Phys Ed & Health
- PHSE 323 Issues in Physical Education & Health
- PHSE 324 Theoretical Perspectives on Phys Ed & Health
- PHSE 325 Dance and the Community
- PHSE 326 Dance Education
- PHSE 327 Adventure Education
- PHSE 328\* Teaching & Learning in the Outdoors
- PHSE 330 Sports Coaching
- PHSE 331\* Coaching Junior Athletes
- PHSE 414\* Dance Education Philosophy
- PHSE 415\* Research and Issues in Outdoor Education
- PHSE 416 Adventure, Environment & Society
- PHSE 426\* Coaching Practice & Research

Papers marked: \*are not offered in 2012, \*\*may not be offered in 2012

Please consult advisers to confirm degree completion.

## Checklist for SPLS Major 2012 (Guidelines only)

### First Year

- |   |   |
|---|---|
| <input type="checkbox"/> PHSE 101 (18) Sociocultural Fndtns of PhysEd | <input type="checkbox"/> PHSE 102 (18) Biophysical Fndtns of Human Mvmt |
| <input type="checkbox"/> PHSE 103 (18) Movement Education 1A & 1B     | <input type="checkbox"/> HUBS 192 (18) Human Body Systems II            |
| <input type="checkbox"/> HUBS 191 (18) Human Body Systems I           |   |

PLUS 36 Points from any degree

Course code	Points	Course code	Points
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### Second Year

- |   |  |
|---|--|
| <input type="checkbox"/> ANAT 250 (18) Functional Anatomy           | <input type="checkbox"/> PHSE 204 (18) History of Sport    |
| <input type="checkbox"/> PHSE 104 (18) Applied Physical Experiences | <input type="checkbox"/> PHSE 205 (18) Psychology of Sport |
| <input type="checkbox"/> PHSE 202 (18) Movement Analysis & Control  | <input type="checkbox"/> PHSE 206 (18) Sociology of Sport  |
| <input type="checkbox"/> PHSE 203 (18) Exercise Physiology          |  |

### Third and Fourth Year

**PLUS 126 points** from any degree  
(54 points must be above 100-level)

Course code	Course code
<input type="text"/>	<input type="text"/>
Course code	Course code
<input type="text"/>	<input type="text"/>
Course code	Course code
<input type="text"/>	<input type="text"/>
Course code	
<input type="text"/>	

**PLUS 54 points** from  
PHSE 200/300/400 level papers

Course code	Course code
<input type="text"/>	<input type="text"/>
Course code	
<input type="text"/>	

**Total Points = 504**

**Third and Fourth Year –Major –**  
**Four of the following (72 pts over two years:**  
**Choose 36 pts per year)**

- PHSE 320 Akoranga Whakakori
- PHSE 330 Sports Coaching
- PHSE 331\* Coaching Junior Athletes
- PHSE 333\* Leisure Dimensions
- PHSE 334 Advanced Sport Psychology
- PHSE 335 Applied Sport Psychology
- PHSE 336 Exercise Psychology
- PHSE 337 Body Culture & Society
- PHSE 338 Advanced Sociology of Sport
- PHSE 339 Sport Governance & Administration
- PHSE 340 Sport Management & Strategy
- PHSE 422 Sport and Leisure Policy
- PHSE 423\* Sport, Leisure & Social Theory
- PHSE 424 Sport Media and Culture
- PHSE 425 Sport Management Practicum
- PHSE 426\* Coaching Practice & Research
- PHSE 430\* Critical Aspects of Sport Management

Papers marked: \*are not offered in 2012, \*\*may not be offered in 2012  
Please consult advisers to confirm degree completion.

### Checklist for Double Major 2012 (Guidelines only)

#### First Year

- |   |   |
|---|---|
| <input type="checkbox"/> PHSE 101 (18) Sociocultural Fndtns of PhysEd | <input type="checkbox"/> PHSE 102 (18) Biophysical Fndtns of Human Mvmt |
| <input type="checkbox"/> PHSE 103 (18) Movement Education 1A & 1B     | <input type="checkbox"/> HUBS 192 (18) Human Body Systems II            |
| <input type="checkbox"/> HUBS 191 (18) Human Body Systems I           |   |

PLUS 36 Points from any degree

Course code	Points	Course code	Points
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

#### Second Year

- |   |  |
|---|--|
| <input type="checkbox"/> ANAT 250 (18) Functional Anatomy           | <input type="checkbox"/> PHSE 204 (18) History of Sport    |
| <input type="checkbox"/> PHSE 104 (18) Applied Physical Experiences | <input type="checkbox"/> PHSE 205 (18) Psychology of Sport |
| <input type="checkbox"/> PHSE 202 (18) Movement Analysis & Control  | <input type="checkbox"/> PHSE 206 (18) Sociology of Sport  |
| <input type="checkbox"/> PHSE 203 (18) Exercise Physiology          |  |

#### Third and Fourth Year

**Third & Fourth Years (144 pts OVER TWO YEARS with 72 pts in EACH Major)**

EXPR	EXSS	PROF	SPLS
Four of the following:	Four of the following:	Four of the following:	Four of the following:
<input type="checkbox"/> PHSE 310*	<input type="checkbox"/> PHSE 301	<input type="checkbox"/> PHSE 320	<input type="checkbox"/> PHSE 320
<input type="checkbox"/> <b>PHSE 311</b>	<input type="checkbox"/> PHSE 302	<input type="checkbox"/> PHSE 321	<input type="checkbox"/> PHSE 330
<input type="checkbox"/> <b>PHSE 312</b>	<input type="checkbox"/> PHSE 303	<input type="checkbox"/> PHSE 322	<input type="checkbox"/> PHSE 331*
<input type="checkbox"/> PHSE 313	<input type="checkbox"/> PHSE 304	<input type="checkbox"/> PHSE 323	<input type="checkbox"/> PHSE 332
<input type="checkbox"/> PHSE 314	<input type="checkbox"/> PHSE 305	<input type="checkbox"/> PHSE 324*	<input type="checkbox"/> PHSE 333*
<input type="checkbox"/> PHSE 315*	<input type="checkbox"/> PHSE 306	<input type="checkbox"/> PHSE 325	<input type="checkbox"/> PHSE 334
<input type="checkbox"/> PHSE 336	<input type="checkbox"/> PHSE 314	<input type="checkbox"/> PHSE 326	<input type="checkbox"/> PHSE 335
<input type="checkbox"/> PHSE 401	<input type="checkbox"/> PHSE 315*	<input type="checkbox"/> PHSE 327	<input type="checkbox"/> PHSE 336
<b>Bold papers required</b>	<input type="checkbox"/> PHSE 329	<input type="checkbox"/> PHSE 328*	<input type="checkbox"/> PHSE 337
	<input type="checkbox"/> PHSE 401	<input type="checkbox"/> PHSE 329	<input type="checkbox"/> PHSE 338
	<b>Note: STAT 110 required</b>	<input type="checkbox"/> PHSE 330	<input type="checkbox"/> PHSE 339
		<input type="checkbox"/> PHSE 331*	<input type="checkbox"/> PHSE 340
		<input type="checkbox"/> PHSE 414*	<input type="checkbox"/> PHSE 422
		<input type="checkbox"/> PHSE 415	<input type="checkbox"/> PHSE 423*
		<input type="checkbox"/> PHSE 416	<input type="checkbox"/> PHSE 424
		<input type="checkbox"/> PHSE 426*	<input type="checkbox"/> PHSE 425
			<input type="checkbox"/> PHSE 426*
			<input type="checkbox"/> PHSE 430*

**PLUS 108 pts** from any degree (36 pts must be above 100-level\*) \* HUNT 232 (18) Recommended

Course code	Points	Course code	Points	Course code	Points
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Course code	Points	Course code	Points	Course code	Points
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Course code	Points				
<input type="text"/>	<input type="text"/>				

STAT110 (For EXSS Major)

**Total Points = 504**

## Double Degree Check Chart

*for Physical Education and a basic three-year degree*

- Notes:** 1 Minimum number of points to complete the double degree is 684.  
 2 Each degree must meet the major (and minor if applicable) subject requirements as outlined in the relevant Schedule A.  
 3 The second degree must include a minimum of **270** points from its Schedule C, unless otherwise specified in Minor Subject requirements.

<b>270 Points from Schedule C Degree 2</b>	100-level or above							Points @ 100-level or above	
	200-level							Points @ 200-level	
	300-level							Points @ 300-level	
<b>PhysEd</b>	100-level or above	HUBS191	PHSE101	HUBS192	PHSE102	PHSE103	PHSE104	108 Points @100-level or above	
	200-level	PHSE202	PHSE203	PHSE204	PHSE205	PHSE206	ANAT250	108 Points @ 200 level	
<b>Major</b>	54 Pts PHSE 200/300 level	PHSE	PHSE	PHSE				54 Points @ 200/300-level	
	300-level (72pts)	PHSE	PHSE	PHSE	PHSE				72 Points @ 300-level
72 pts @ any level from any Schedule								Points at any level	
								<b>Total points must equal at least 684</b>	

**Physical Education 300-level Major Subject Requirements - Please consult advisers to confirm degree completion**

- EXSS 4 papers from PHSE 301-306, 314, 315,329, 401 & STAT110 required
- EXPR PHSE 311 & 312 required and two of 310, 313-315, 336, 401
- PROF 4 papers from PHSE 320-331, 414-416, 426, 427, 428
- SPLS 4 papers from PHSE 320, 330-340, 422-426, 430