



# Physical Education, Activity and Health

Social and physical bases of mauri ora or flourishing wellness

“Physical inactivity is one of the leading causes of disease and disability in the 21st century.”

World Health Organisation (WHO)

We have combined the disciplines of physical education with physical activity and health to provide students with a well-rounded understanding of the theory and practices of health, wellness and wellbeing for individuals, communities and populations, whatever their health status.

This major captures the reasons why we should all be physically active, the physiology behind how physical activity works to influence health, and how to prescribe exercise. It includes how we can encourage people to be more active, as well as coaching, teaching and instructing about the relevance of physical activity. We focus on the importance of communities, including Māori communities, as well as understanding how the environment relates to being active. This major will also appeal to those interested in teaching or coaching sport and exercise. It is designed to equip students with a strong background in the biophysical and sociocultural sub-disciplines of human movement. In addition, there is a strong emphasis on applied practice and theory.

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## School of Physical Education, Sport and Exercise Sciences

This major and minor is hosted at the School of Physical Education, Sport and Exercise Sciences. We are the number 1 ranked department in New Zealand and 12th in the world in our field.

### Our majors are:

- Exercise and Sport Science
- Sport Development and Management
- Physical Education, Activity and Health
- Sports Technology

### Our minors are:

- Exercise and Sport Science
- Sport Development and Management
- Physical Activity and Health
- Sports Technology

## Why study Physical Education, Activity and Health?

- Physical education and physical activity influences all areas of a person's health and wellbeing.
- Physical education, or how we learn, teach, coach and instruct, is critical for positive health and wellbeing.
- You can learn how to prescribe exercise for healthy individuals and for sedentary populations.
- Appreciate and learn how to utilise the strength of wider communities to promote physical activity.
- You will have the opportunity to engage in practical learning inside and outside of the classroom and exercise laboratories including our specially designed practicum paper.
- The course offers a strong Māori physical education and health focus.

## Background required

There are no specific Year 12 or 13 level subjects required for admission. However, biology is helpful and physical education is recommended.

## Career opportunities

Physical education teaching, working with Māori communities, physical activity and health promoters, Green Prescription, health and fitness professionals, sport coaching, prescribing exercise in healthy and sedentary populations, wellness facilitators, leadership roles.

## What you will study

The required papers at 100-level are:

- SPEX 101 Sport, Science and Society
- SPEX 102 Principles of Exercise for Health and Performance
- ANAT 101 Anatomy for Sport and Exercise
- PHSL 101 Physiology for Sport and Exercise

Students across the four majors will take similar papers in the first year.

In second year, you will take three of SPEX 203 Exercise Physiology, SPEX 205 Physical Activity and Health, SPEX 206 Te Pū o te Ora Māori Physical Education and Health and SPEX 207 Understanding Sports Coaching. You will also have the opportunity to select a minor or double major of your choice.

In the third year, you will study four of the following papers: SPEX 306 Te Pou o Te Koronga Advanced Māori Physical Education and Health, SPEX 307 Coaching, Leadership and Mentoring, SPEX 308 Psychology of Physical Activity, SPEX 309 Active Living and Environment, SPEX 310 Exercise for Clinical

Populations, or SPEX 316 Practicum. SPEX 316 is our specially designed practicum paper, giving you practical, career or research focused experience in your final year.

## What is the Bachelor of Applied Science?

Applied Science is a three-year undergraduate degree with open entry at 100 level. An honours year is offered to those students who achieve an appropriate academic standard at the end of the undergraduate degree.

Every Applied Science degree has a compulsory minor or second major in a subject area that's directly relevant and will deliver complementary skills. The programme encourages real-world business awareness, enabling you to apply what you have learned to any organisation you work for.

## Postgraduate options

We have a strong postgraduate culture and you can undertake further studies in physical education, physical activity and health. We also have three research labs; Active Living Laboratory, Te Koronga and Exercise Training Beyond Breast Cancer (EXPINKT™).

## PROFILE

### Caitlin Milne Bachelor of Physical Education with Honours, 2018, Exercise Physiologist at the Centre for Health, and administrator Western Bay PHO

Caitlin Milne knew from the age of twelve that she wanted to study physical education and physical activity and health for the simple reason "there was nothing else I had a passion for."

Caitlin chose the University of Otago as she'd "heard it was such a prestigious university" and because she wanted to "have the full university experience, which really, only Otago could give me."

The staff in the School are "always willing to help, both within their office hours and beyond."

Although the staff are fantastic, the students also learn through 'Pass Tutorials', which are run by senior students. "It's so helpful because it's really useful to hear the information from the point of view of other students and not just lecturers."

"The course is a lot different to PE at school, and whilst there are similarities, it's so much better. If you have any interest in the human body as well as helping people then definitely do it."

Caitlin is a recent graduate and now works two jobs in her home town of Tauranga. For her first job, she is based at The Centre for Health, which is a wellness facility "at the heart of the community, with the community at its heart". She is working there as an exercise physiologist and completing her registration year so that she can become a registered clinical exercise physiologist.

She says that she is "working with a lot of Māori and the Māori papers at the School have helped me hugely already. We use the Te Whare Tapa Whā approach at The Centre which really focuses on holistic health".

Caitlin undertook her honours research in the EXPINKTTM clinic. Her second job is at the Western Bay of Plenty Primary Health Centre "where I'm calling women encouraging them to come for their mammograms and cervical smears".



For questions about  
Exercise and Sport Science  
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