

400-Level Module Options for 2023

- **All modules require Coordinator's approval – email the coordinator directly**
- **2 modules are required for each 400 level (20 pt) paper**

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Semester 1

SPEX 440 ADVANCED TOPICS IN PHYSICAL EDUCATION, ACTIVITY AND HEALTH

Module options

Advanced Motor Learning (Prof. Chris Button) chris.button@otago.ac.nz

In this module students will utilise social, cultural and educational concepts to examine what happens in the name of sports coaching and critically reflect on why it happens the way it does. Some core principles of motor learning and pedagogy will be presented and discussed both in practical and group sessions. In addition students will be exposed to contemporary debates on topics such as leadership, teamwork, sport technologies, child and athlete development. *(Pre-requisite knowledge: SPEX202 expected or any practical experience (i.e., coaching) as agreed with module coordinator.*

Offered in second half of semester 1

Gerontology (Dr Lara Vlietstra) lara.vlietstra@otago.ac.nz

Gerontology is the study of ageing processes and individuals across the life course. Why is this important? The globally ageing population has specific needs, from societal to medical requirements. In this module students will be provided with a holistic view of ageing with an emphasis on using physical activity as a strategy to age well. Topics that will be discussed will include principles of biology and physiology of ageing, musculoskeletal and cardiorespiratory assessments for older adults, positive ageing, mental wellbeing, social gerontology, quality of life in older adults, and pathophysiology of age-related diseases.

Pre-requisite knowledge: SPEX205 and/or SPEX310, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures

Indigenous Perspectives of Sport for Development (Dr Jeremy Hapeta)
Jeremy.hapeta@otago.ac.nz

This module examines Sport for Development (SFD) programmes offered in local Indigenous communities as well as those within global contexts. The primary focus will be on comparing and contrasting current SFD practices, particularly as they relate to mainstream SFD settings and with programme participants who identify as Indigenous, First Nations or Aboriginal.

Pre-requisite knowledge: SPEX206 and/or SPEX306, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures.

SPEX 450 ADVANCED TOPICS IN EXERCISE AND SPORT SCIENCE (S1)

Module Options

Applied Sport Psychology (Prof. Ken Hodge) ken.hodge@otago.ac.nz

This module will focus primarily upon the philosophy and practice of psychological interventions in sport and physical activity. The theoretical and research basis of sport psychology interventions will also be examined. In addition to examining sport psychology interventions, selected issues in applied sport psychology will also be discussed; these will include ethical considerations and qualifications/accreditation in sport psychology.

(Pre-requisite knowledge: SPEX304 or equivalent upper level Sport Psychology paper, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures.)

Offered in second half of semester (weeks 8-13)

Advanced Motor Learning (Prof. Chris Button) chris.button@otago.ac.nz

In this module students will utilise social, cultural and educational concepts to examine what happens in the name of sports coaching and critically reflect on why it happens the way it does. Some core principles of motor learning and pedagogy will be presented and discussed both in practical and group sessions. In addition students will be exposed to contemporary debates on topics such as leadership, teamwork, sport technologies, child and athlete development. *(Pre-requisite knowledge: Ideally students will have previously taken SPEX202 Motor Behaviour (S2) or be willing to attend lectures from the 2nd module on Motor Learning. Other prior educational or practical coaching experience may also be taken into account.)*

Offered in second half of Semester 1

Gerontology (Dr Lara Vlietstra) lara.vlietstra@otago.ac.nz

Gerontology is the study of ageing processes and individuals across the life course. Why is this important? The globally ageing population has specific needs, from societal to medical requirements. In this module students will be provided with a holistic view of ageing with an emphasis on using physical activity as a strategy to age well. Topics that will be discussed will include principles of biology and physiology of ageing, musculoskeletal and cardiorespiratory assessments for older adults, positive ageing, mental wellbeing, social gerontology, quality of life in older adults, and pathophysiology of age-related diseases.

Pre-requisite knowledge: SPEX205 and/or SPEX310, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures

Indigenous Perspectives of Sport for Development (Dr Jeremy Hapeta)
Jeremy.hapeta@otago.ac.nz

This module examines Sport for Development (SFD) programmes offered in local Indigenous communities as well as those within global contexts. The primary focus will be on comparing and contrasting current SFD practices, particularly as they relate to mainstream SFD settings and with programme participants who identify as Indigenous, First Nations or Aboriginal. (Pre-requisite knowledge: SPEX206 and/or SPEX306, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures.)

*Advanced Physical Preparation for Sports Performance (Melanie Bussey)
melanie.bussey@otago.ac.nz - FULL YEAR 10pt course

The course content will be delivered across an intensive four days, split into two days in semester one and two days in semester two, as well as a couple of 1 to 1 zoom connect-ups. Content will be a mix of lectures, discussion groups and practical sessions. You will be required to read and view key resources prior to the intensive course days to add to the depth of discussion. The content and assessments in this course are aligned with Sports and Exercise Science New Zealand (SESNZ) Level 2 Strength and Conditioning accreditation requirements. Following successful completion of this course you will be able to apply for the SESNZ accreditation.

Due to residential workshops throughout the year, anyone enrolling in this module as part of SPEX451 should be aware of this.

<i>Teaching Block Semester 1:</i>
<ul style="list-style-type: none">• Saturday 15th April 2023• Sunday 16th April 2023
<i>Teaching Block Semester 2:</i>
<ul style="list-style-type: none">• Thursday 31st August 2023• Friday 1st September 2023

SPEX 460 ADVANCED SPORT DEVELOPMENT (S1)

Module Options

Applied Sport Psychology (Prof. Ken Hodge) ken.hodge@otago.ac.nz

This module will focus primarily upon the philosophy and practice of psychological interventions in sport and physical activity. The theoretical and research basis of sport psychology interventions will also be examined. In addition to examining sport psychology interventions, selected issues in applied sport psychology will also be discussed; these will include ethical considerations and qualifications/accreditation in sport psychology.

(Pre-requisite knowledge: SPEX304 or equivalent upper level Sport Psychology paper, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures.)

Offered in second half of Semester (weeks 8-13)

Globalisation and Sport Media (Prof. Steve Jackson) steve.jackson@otago.ac.nz

This module examines sport media in both the global and the local context. The focus will be on contemporary issues in sport as they relate to the media, politics and identity.

Critical Aspects of Sport Management (Assoc. Prof. Sally Shaw)

sally.shaw@otago.ac.nz

This advanced level module critiques the mainstream sport management approach of focusing on organisational gains at the expense of organisational members. Develops advanced, reflective thinking, examining and critiquing the position of the individual in organisations. Focuses on theories and research methods to offer alternative organisational practices. *(No pre-reqs but SPEX 314 or equivalent highly recommended.)*

Advanced Motor Learning (Prof. Chris Button) chris.button@otago.ac.nz

In this module students will utilise social, cultural and educational concepts to examine what happens in the name of sports coaching and critically reflect on why it happens the way it does. Some core principles of motor learning and pedagogy will be presented and discussed both in practical and group sessions. In addition students will be exposed to contemporary debates on topics such as leadership, teamwork, sport technologies, child and athlete development. *(Pre-requisite knowledge: SPEX202 expected or any practical experience (i.e., coaching) as agreed with module coordinator)*

Offered in second half of semester 1

Semester 2

SPEX 441 ADVANCED TOPICS IN PHYSICAL EDUCATION, ACTIVITY AND HEALTH

Module Options

Extreme Environments for Health and Performance (Prof. Jim Cotter)
jim.cotter@otago.ac.nz

Critique the opportunities and physiological bases by which environmental and exercise stressors (e.g., heat, hypoxia, vibration, pollution, gravity) acutely impair and chronically enhance (or impair) human health, performance and cross adaptation to other stressors. For example, how, why and to what extent is repeated heat exposure beneficial not only in adapting people to work or compete in hot or humid environments, but also before surgery (prehabilitation), recovery (rehabilitation), or as an adjunct to exercise for athletes or people with restricted access (e.g., peripheral arterial disease or spinal cord injury). Why is pollution problematic for exercise, and is adaptation possible? Etc. In this module, students will participate actively in weekly seminars, and learn relevant laboratory techniques. *(Pre-requisite knowledge: SPEX303 or equivalent upper-level Exercise Physiology paper, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures.)*

The Psychology of Physical Activity Behaviour Change (Assoc. Prof. Elaine Hargreaves)
elaine.hargreaves@otago.ac.nz

Examines the theoretical underpinning and application of behaviour change techniques used in research interventions to motivate physical activity behaviour change. We will critique research methodologies and the process of translating theory into practice to examine the efficacy of these techniques. Students will emerge with an understanding of how to create effective interventions from both a research and physical activity promotion perspective. *(Pre-requisite knowledge: SPEX 308 Psychology of Physical Activity or equivalent, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures)*

Offered in first half of semester 2

Sport Media and Communication Skills (Dr Sebastian Potgieter)
sebastian.potgieter@otago.ac.nz

This course aims to develop students' ability to communicate effectively through written word. It will provide students with the necessary tools to communicate their ideas in a clear, concise, and confident manner, ensuring they are able to convey their message through writing. Students will be instructed on a practical guide to craft different formats of written communication, which may include: writing reports and memorandums; crafting media releases and developing a journalistic style; effectively communicating technical information to non-technical audiences; crafting written communication which resonates with a specific target audience; recognizing the diversity of audiences and their respective needs; assisting in the development of students' own creative and unique writing style; tightening up writing skills and the ability to write in a short format; and advancing students' self-expression through writing. This paper is suitable for all students as effective communication ability is a vital component in any workplace environment. In particular, students keen on entering into leadership positions, public relations roles, or have an interest in freelance journalism are encouraged to attend the course.

(Not suitable for students who have completed the Graduate Communication Skills during SPEX316.)

Offered in first half of Semester 2

Advanced Understanding of Sports Coaching (Assoc. Prof. Tania Cassidy)
tania.cassidy@otago.ac.nz

There is growing support for adopting a socio-pedagogical approach to the study, and practice, of sports coaching. In this module students will utilise social, cultural and educational concepts to examine what happens in the name of sports coaching and critically reflect on why it happens the way it does. In addition students will be exposed to contemporary debates on topics such as leadership, ethics, coach and athlete development.

Pūrākau methodology and wayfinding leadership: Indigenous storytelling and wayfinding in research (Dr Chanel Phillips) chanel.phillips@otago.ac.nz

Pūrākau are more than fireside stories. Pūrākau are the pū (base) of the rākau (tree) or the origin of strength for Māori and indigenous peoples worldwide. Wayfinding leadership draws upon ancient wisdom often embedded within pūrākau that widens and deepens a leader's abilities and enables him or her to lead effectively. This course will encourage you to use pūrākau as your source of strength and leadership for better understanding yourself within your respective research context. The kaupapa (purpose) of this paper is to highlight that you are the kaihautū (leader, steerer) of your own research journeys, and pūrākau and wayfinding leadership are tools we can use to help this flourish. You will examine and analyse a pūrākau of your choosing and explore how this pūrākau helps you unpack your research area/thesis topic and explore its potential as a method and/or methodology in relation to the five waypoints of leadership.

Pre-requisite knowledge: At least one upper (300-) level paper in Maori/ indigenous studies.

SPEX 451 ADVANCED TOPICS IN EXERCISE AND SPORT SCIENCE (S2)

Module Options

Extreme environments for health and performance (Prof. Jim Cotter)
jim.cotter@otago.ac.nz

Critique the opportunities and physiological bases by which environmental and exercise stressors (e.g., heat, hypoxia, vibration, pollution, gravity) acutely impair and chronically enhance (or impair) human health, performance and cross adaptation to other stressors. For example, how, why and to what extent is repeated heat exposure beneficial not only in adapting people to work or compete in hot or humid environments, but also before surgery (prehabilitation), recovery (rehabilitation), or as an adjunct to exercise for athletes or people with restricted access (e.g., peripheral arterial disease or spinal cord injury). Why is pollution problematic for exercise, and is adaptation possible? Etc. In this module, students will participate actively in weekly seminars, and learn relevant laboratory techniques. *(Pre-requisite knowledge: SPEX303 or equivalent upper-level Exercise Physiology paper, or approval by module coordinator understanding that the student may be required to complete extra readings and/or lectures.)*

Neuromechanics of Human Movement (Assoc. Prof. Melanie Bussey)
melanie.bussey@otago.ac.nz

Neuromechanics is a sub-discipline of biomechanics and motor control. Specifically, we are interested in how the nervous and musculoskeletal systems work together to achieve a motor task. In this module we will learn the fundamental Neuromechanical concepts of healthy human movement and explore the relationships between altered control strategies and aberrant movement patterns associated with acute and chronic conditions.

The Psychology of Physical Activity Behaviour Change (Assoc. Prof. Elaine Hargreaves)
elaine.hargreaves@otago.ac.nz

Examines the theoretical underpinning and application of behaviour change techniques used in research interventions to motivate physical activity behaviour change. We will critique research methodologies and the process of translating theory into practice to examine the efficacy of these techniques. Students will emerge with an understanding of how to create effective interventions from both a research and physical activity promotion perspective. *(Pre-requisite knowledge: SPEX 308 Psychology of Physical Activity or equivalent)*

Offered in first half of Semester 2

Sport Media and Communication Skills (Dr Sebastian Potgieter)
sebastian.potgieter@otago.ac.nz

This course aims to develop students' ability to communicate effectively through written word. It will provide students with the necessary tools to communicate their ideas in a clear, concise, and confident manner, ensuring they are able to convey their message through writing. Students will be instructed on a practical guide to craft different formats of written communication, which may include: writing reports and memorandums; crafting media releases and developing a journalistic style; effectively communicating technical information to non-technical audiences; crafting written communication which resonates with a specific target audience; recognizing the diversity of audiences and their respective needs; assisting in the development of students' own creative and unique writing style; tightening up writing skills and the ability to write in a short format; and advancing students' self-expression through writing. This paper is suitable for all students as effective communication ability is a vital component in any workplace environment. In particular, students keen on entering into leadership positions, public relations roles, or have an interest in freelance journalism are encouraged to attend the course.

(Not suitable for students who have completed the Graduate Communication Skills during SPEX316.)

Offered in first half of Semester 2

Data processing and analysis (Dr Peter Lamb) peter.lamb@otago.ac.nz

This module teaches students to automate their analysis of data obtained from measurement devices commonly used in exercise physiology, biomechanics, PAH and motor control. Students will learn to read raw data into analysis software, compute discipline-specific outcome measures, and imbed their analysis in reusable and understandable reports. Data processing procedures may include organisation, visualisation, error checking, normalisation, filtering, common statistical tests and producing publication quality figures. *(Pre-requisite knowledge: Prerequisite is any University level statistics paper or coordinator approval.)*

Offered in middle seven weeks of Semester 2

*Advanced Physical Preparation for Sports Performance (Melanie Bussey)
melanie.bussey@otago.ac.nz - FULL YEAR 10pt course

The course content will be delivered across an intensive four days, split into two days in semester one and two days in semester two, as well as a couple of 1 to 1 zoom connect-ups. Content will be a mix of lectures, discussion groups and practical sessions. You will be required to read and view key resources prior to the intensive course days to add to the depth of discussion. The content and assessments in this course are aligned with Sports and Exercise Science New Zealand (SESNZ) Level 2 Strength and Conditioning accreditation requirements. Following successful completion of this course you will be able to apply for the SESNZ accreditation.

(Prerequisite knowledge: Completion of SPEX305)

SPEX 461 **ADVANCED TOPICS IN SPORT MANAGEMENT & POLICY (S2)**

Module Options

The Politics of Sport Governance (Assoc. Prof. Mike Sam) mike.sam@otago.ac.nz

An analysis of the dilemmas, paradoxes and reverse-effects of policies and programmes aimed at reforming sport. Examines the exercise of public authority around sport at international, national and local levels.

Sport Media and Communication Skills (Dr Sebastian Potgieter)
sebastian.potgieter@otago.ac.nz

This course aims to develop students' ability to communicate effectively through written word. It will provide students with the necessary tools to communicate their ideas in a clear, concise, and confident manner, ensuring they are able to convey their message through writing. Students will be instructed on a practical guide to craft different formats of written communication, which may include: writing reports and memorandums; crafting media releases and developing a journalistic style; effectively communicating technical information to non-technical audiences; crafting written communication which resonates with a specific target audience; recognizing the diversity of audiences and their respective needs; assisting in the development of students' own creative and unique writing style; tightening up writing skills and the ability to write in a short format; and advancing students' self-expression through writing. This paper is suitable for all students as effective communication ability is a vital component in any workplace environment. In particular, students keen on entering into leadership positions, public relations roles, or have an interest in freelance journalism are encouraged to attend the course.

(Not suitable for students who have completed the Graduate Communication Skills during SPEX316.)

Offered in first half of semester 2

Advanced Understanding of Sports Coaching (Assoc. Prof. Tania Cassidy)
tania.cassidy@otago.ac.nz

There is growing support for adopting a socio-pedagogical approach to the study, and practice, of sports coaching. In this module students will utilise social, cultural and educational concepts to examine what happens in the name of sports coaching and critically reflect on why it happens the way it does. In addition, students will be exposed to contemporary debates on topics such as leadership, ethics, coach and athlete development.

Theorising Sport and Physical Culture (Assoc. Prof. Mark Falcous)
mark.falcous@otago.ac.nz

This module focusses upon understanding the relevance and usefulness of social theory as a means of explaining sport development and physical culture. The aim is to develop students' understanding of social and cultural theory but also to promote critical reflection upon the value of theory and the ways in which theory can be used to inform academic research within physical education and sport development.