

School of Physical Education, Sport and Exercise Sciences Te Kura Para-Whakawai

STUDENT GUIDE ARATOHU ĀKONGA 2024



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General Information

Important Dates 2024

Semester Dates	
26 February – 31 May	Semester 1
26 February	Lectures start
29 March	Good Friday (public holiday)
1 April – 5 April	Mid-semester break
1April	Easter Monday (public holiday)
2 April	Otago Anniversary Day observation (University holiday)
25 April	ANZAC Day (public holiday)
11 & 18 May	Graduation
31 May	First semester lectures cease
3 June	King's Birthday (public holiday)
5 June	Examination period begins
19 June	Examination period ends
28 June	Matariki public holiday
15 July – 18 October	Semester 2
15 July	Lectures start
17 August	Graduation
2 Sept – 6 Sept	Mid-semester break
9 September	Second semester resumes
18 October	Second semester lectures cease
21 October	Examination period begins
28 October	Labour Day (public holiday)
9 November	Second semester examination period ends
7, 11, 14 December	Graduation

Staff

ACADEMIC STAFF

Associate Professor, and Dean

Elaine Hargreaves, BSc (Hons)(Glasgow), PhD (Bangor Wales)

Professors

Chris Button, BSc(Hons) PhD(MMU) Tania G. Cassidy, DipPE, DipGrad, MPhEd (Otago), PhD (Deakin), DipTchg (*Professor from 1/2/24*) James D. Cotter, BSc, BPhEd, MPhEd (Otago), PhD (W'gong) Kenneth P. Hodge, DipPhEd(Otago), MS (Montana), PhD (III) Steven J. Jackson, BA (WOnt), MS PhD (III) Sally Shaw, BA (Hons)(York), MSc (Sheffield), PhD (De Montfort) (*Professor from 1/2/24*)

Associate Professors

Melanie D. Bussey, BPE(New Brunswick), MSc (New Brunswick), PhD (Otago) Mark Falcous, BA (Hons), PGCE(De Montfort), MA (Queen's), PhD (Loughborough) Nancy J. Rehrer, BA (Duke), MSc (Clemson), PhD (Maastricht), FACSM Michael P. Sam, BPE (Alta), MA (New Bruns), PhD (Otago) *(on leave Semester 2)*

Senior Lecturers

Peter Lamb, HBK, MSc (Lakehead), PhD (Otago)

Lecturer Lara Vlietstra, BSc MSc(Avans Breda) MSc(Utrecht) PhD(Otago)

Senior Teaching Fellow

Marguerita I. Lázár, BA, PGDip (PUBH), MA (Otago), DPH (Otago)

Teaching Fellows

Neil J. Anderson, BPhed, PGDipDS, MPhEd PhD (Otago) Sebastian Potgieter, BA(Hons), MA(Stellenbosch) PhD (Otago)

Senior Professional Practice Fellow

Mark Drury, BPhEd (Otago), Masters in Strength & Conditioning (Edin)

Professional Practice Fellow

Emily J. Scott, BPhEd (Hons) DipTchg PhD(Otago)

Honorary Professor

Lynnette Jones, BSc, BPhEd (Hons), PGCert MedTech, PhD (Otago)

Honorary Lecturer

Rebekah L. Blakemore, BSc (Auck) MPhEd PhD (Otago)

PROFESSIONAL STAFF

Lead Administrator – Jacqueline Fraser Administrators– Joanne Sandford, Valmai Bilsborough-York Technical Leader and Electronic Technician - Nigel Barrett, NZCE Senior Laboratory Technician, and School's Health & Safety Officer - Rochelle Palmay, BSc (Otago) Laboratory Technicians – Chris Harvey, PhD (Otago), Nick Parata BSc(Hons) Otago ICT Support – AskIT 0800 80 80 98

Student Support

Māori Centre – Te Huka Mātauraka 515/519 Castle Street

http://www.otago.ac.nz/maoricentre

Pacific Islands Centre 520 Castle Street http://www.otago.ac.nz/pacific

Student Learning Centre South-west Corner, Central Library (ISB) Building https://www.otago.ac.nz/hedc/students/index.html

Disability Information and Support West Lane, Information Services Building, Corner Cumberland & Albany Streets <u>https://www.otago.ac.nz/disabilities/index.html</u>

OUSA https://www.ousa.org.nz/

OUSA Student Support Hub 5 Ethel Benjamin Place https://ousasupporthub.org.nz/

Campus Chaplaincy Centre https://www.otago.ac.nz/chaplain/index.html

Queer Support https://ousasupporthub.org.nz/queer-support/

Sexual violence and support centre Te Whare Tāwharau

https://www.otago.ac.nz/te-whare-tawharau/index.html

Puāwaitanga - individual counselling for all students

The University has partnered with Puāwaitanga, a free telehealth counselling service available to all enrolled students, across all campuses. They can support students with feelings of anxiety, low mood, relationships, grief, addictions, low self-esteem, or low confidence.

Appointments can be held anytime between 9am – 9pm, 7 days a week. Students can call 0800 782 999 or <u>visit their website</u> to arrange an appointment.

Student Executives

SPEX Exec (Student Association) 2024

President	Jess Fleming
Vice-President	Piper Cavanah
Treasurer	Laura Freeman
Academics Officer	Dean Allan
Sports Officer	Emma Baird

Our executive team is made up of a bunch of students at various stages in their degrees. We are keen to provide support and fun to all PE students in whichever way possible. In the past we have run study sessions, quiz nights, Olympic competitions, online challenges, social get together and much, much more!

We hope to bring our students together so that they can build new and stronger connections within their cohort. We believe it is these connections which will enable PE students to flourish as they navigate the hardships of their studies and create their own way in life.

Ehara tāku toa i te toa takitahi, engari he toa takitini My strength is not as an individual, but as a collective.

Contact E: <u>spexexecotago@gmail.com</u>

PE Māori Association (PEMA)

Contact

E: pema@otago.ac.nz

Objective

Guided by Tikanga Māori PEMA aims to foster an environment where Māori can be successful in the academy while maintaining cultural identity. It is important to us to create tuakana, teina relationships between year levels.

Problem-solving

For any questions, first check out the AskOtago Service Portal – remember to sign-in with your student details (top right). You can also open a Chat with AskOtago or contact them in other ways.

https://ask.otago.ac.nz/

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AskOtago Service Portal			
Search			٩
Academic records Pükete mātauranga Academic transcripts, GPA, My eQuals, evidence of enrolment	Accommodation Wāhi noho Cost of living, payments, rental accommodation, residential colleges, waitlist	Admission and enrolment Whakaurunga Admission, change of course, ID cards, paper selection, study dates, teaching timetables	Examinations and assessment Ngā whakamātautau me ngā aromatawai Assessment timetables, digital exams, exam rules, results, special consideration
Fees and money matters Te utu me ngā take pūtea Fees-free study, StudyLink, student debt, tuition	General enquiries Pakirehua tukipū COVID-19, directions, lost property	Graduation Te whakapōtaetanga Application, ceremony, degree certificates, regalia	IT services Kõrero hāngarau Accounts and passwords, devices, printing, software, Wi- Fi and internet
Marketing and communications Te Māngai Pārongorongo Events planning, media enquiries	Orientation and University events Te whakawaitanga me ngā kaupapa whare wānanga Orientation, public lectures and events, University news	Property Ngā rawa Cleaning, maintenance, parking	Scholarships Ngā karahipi Application, eligibility, payments

Roles and Support

Dean	A/Prof. Elaine Hargreaves
Associate Dean Research	Professor Ken Hodge
Associate Dean Curriculum	A/Prof. Mark Falcous
Associate Dean Postgraduate	A/Prof Jim Cotter and Prof. Chris Button
School Kaiāwhina	Ms Margie Lazar
Pacific Islands Support	Dr Lara Vlietstra & Ms Margie Lazar
Disability Officer	Ms Margie Lazar
Personal problems affecting work	A/Prof. Mark Falcous
Problems with workload	Paper Coordinators
Building Access, and Equipment Issues	Mr Nigel Barrett
Health & Safety Officer	Ms Rochelle Palmay

Student Responsibility

Course Work

YOU are responsible for

- Checking Blackboard course information each week
- Confirming that posted internal assessments are correct
- Checking your student email accounts every day (note: official emails may at times be filtered to junk mail folders)
- Confirming your course commitments for all courses for the entire year. Attendance at all lectures, labs and tutorials is expected. All practicals, and additional class requirements, must be scheduled to avoid clashes with course commitments. Some SPESES 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 course/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.
- Participation in National or 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 that can be obtained from Blackboard. If in doubt please contact <u>physical-education@otago.ac.nz</u>.

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, the completed form is to be returned to the Administration Office AT LEAST ONE WEEK prior to the proposed leave period or email to <u>physical-education@otago.ac.nz</u>

Workload Expectations

The University of Otago and School of Physical Education, Sport and Exercise Sciences have particular workload expectations. 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 3/400 level papers. For example:

(i)	Contact hours	hours	derivation
	Lectures	39	(3x 1hr per wk x 13 wk)
	Tutorials	8	(1 x 1hr x 8 wk)
	Sub-total	<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	
	Final exam preparation	37	
	Final exam	2	
	Sub-total	<u>133</u>	
	Total number of hours	180	

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.

Code of Student Conduct

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. Students are expected to conform to the standards contained in this Code of Student Conduct off campus as well as on campus.

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.

Requirements of Student Conduct

The basic rules of conduct require that no student shall:

- (a) unreasonably 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 or of any member 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 actions that:
 - (i) amount to sexual misconduct as defined by the Sexual Misconduct Policy and Ethical Behaviour Policy; or
 - (ii) amount to assault or which result in, or can be reasonably expected to result in, harm to a person or persons; or
 - (iii) are unreasonably disruptive to other members of the University or the local community; or
 - (iv) result in, or can be reasonably expected to result in, damage to property of any person; or
 - (v) are otherwise unlawful;
- (f) threaten, intimidate, abuse or harass another person or group, including by electronic means and including in relation to matters of race or any other prohibited ground of discrimination under the Human Rights Act 1993;
- (g) organise or participate in an event in the nature of an initiation that requires or can be reasonably regarded as pressuring a person into:
 - (i) the use of alcohol or drugs, including cigarettes and vaping products; and/or
 - (ii) the undertaking of unlawful activities; and/or
 - (iii) the undertaking of activities that carry risk of harm to a person or property.
- (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 procedures;
- (k) fail without reasonable cause to comply with any penalty imposed under this Student Conduct Statute;
- (I) be party to or attempt to commit an act of misconduct as set out in the foregoing rules.

Staying safe and well

Your years at Otago will be life-changing. You will gain knowledge and skills, make new friends and learn to live independently. While having fun and trying new experiences will be the cornerstone of your time as a student, it is important to keep yourself and others safe.

As part of our responsibility to keep all members of the University community safe, the University has a Code of Student Conduct. The Code is a set of common-sense rules that prohibit disruptive, threatening, violent, deceptive, discriminatory and otherwise unlawful behaviour. Activities that are likely to endanger your own or others' safety will not be tolerated.

The University relies on Campus Watch to help us maintain a safe and healthy campus and to ensure that the provisions of the Code are observed. The Campus Watch teams are out and about on campus 24 hours a day, 7 days a week. They work hard to make sure that you and the rest of the University community are safe. They provide advice on how to stay out of trouble and they will help you be part of the Dunedin community.

The Code of Student Conduct is part of the University Student Conduct Statute. The Statute aims to promote safety and wellbeing through encouraging mutual respect, tolerance and understanding. But where called for, the Statute gives the University the power to fine and impose community service penalties for offences committed on or off campus and for serious misconduct to suspend or exclude students from the University. The Statute also requires suspected student misconduct to be investigated fairly. A tikanga-led process is also available in suitable cases.

Here are some of the behaviours that put you at serious risk of facing exclusion from the University for a semester or more:

1. Any form of physical or sexual assault, sexual misconduct, harassment, or racism.

All members of the University community have the absolute right to be safe and free from harm or intimidation in their interactions with others. This right includes interactions that take place in person or via electronic media. The University will not tolerate harassment or racism of any kind. All sexual interactions must have freely-given consent. Please keep in mind that a person who is under the influence of alcohol or drugs or other substances cannot provide consent. Situations where members of Campus Watch are obstructed or assaulted will be viewed very seriously.

2. Organising or participating in any initiation event or ceremony that jeopardises your fellow students' wellbeing, personal, physical or emotional safety, or encourages breaking the law. Organising or participating in initiations requiring the consumption of alcohol or the use of any drug are strictly forbidden. The statement by any student that they willingly participated will not excuse the organisers of responsibility.

3. Any offence relating to fires and "couch burning".

If you are caught lighting or trying to light a fire illegally, or adding rubbish to a fire, this will be treated as a serious breach of the Code.

4. Throwing or breaking bottles.

If you throw bottles at anyone, including fellow students, the Police, Campus Watch or members of the Fire Service, expect to be in serious trouble. Deliberate breaking of bottles and glass will be punished; broken glass is hazardous to feet and tyres.

5. Forging documents and signatures.

Do not be tempted to alter official forms illegally or to forge signatures. This amounts to fraud and can have serious consequences.

During your time at university it is important that you understand the consequences of the risks you take, including drinking and drug use. The reality is that excessive use of alcohol or drugs may result in physical injury, sexual misconduct, brain damage, involvement with the Courts, or harm to others. Intoxication does not excuse offensive or criminal behaviour. If you are concerned about your binge drinking or drug use, confidential medical and counselling help is available through the University's Student Health Service.

Academic Integrity

Academic Integrity

Academic integrity means being honest in your studying and assessments. It is the basis for ethical decision-making and behaviour in an academic context. Academic integrity is informed by the values of honesty, trust, responsibility, fairness, respect and courage. Students are expected to be aware of, and act in accordance with, the University's Academic Integrity Policy.

Academic Misconduct, such as plagiarism or cheating, is a breach of Academic Integrity and is taken very seriously by the University. Types of misconduct include plagiarism, copying, unauthorised collaboration, submitting work written by someone else (including from a file sharing website, text generation software, or purchased work) taking unauthorised material into a test or exam, impersonation, and assisting someone else's misconduct. A more extensive list of the types of academic misconduct and associated processes and penalties is available in the University's Student Academic Misconduct Procedures.

It is your responsibility to be aware of and use acceptable academic practices when completing your assessments. To access the information in the Academic Integrity Policy and learn more, please visit the University's Academic Integrity website at

<u>https://www.otago.ac.nz/study/academicintegrity/index.html</u>, or ask at the Student Learning Centre (HEDC) or the Library, or seek advice from your paper co-ordinator.

For further information:

Academic Integrity Policy http://www.otago.ac.nz/administration/policies/otago116838.html

Student Academic Misconduct Procedures

http://www.otago.ac.nz/administration/policies/otago116850.html

Turnitin on Blackboard

Turnitin is a text-matching software tool which reports matches between sections of student work submitted to it, and other material to which Turnitin has access (i.e. material available via the internet, and content of other student assignments which have previously been submitted to Turnitin). Turnitin is also often referred to as a plagiarism detection tool. All assignments submitted electronically through Blackboard are uploaded via Turnitin, and the report is available to the marker. You are able to check your draft assignment via Turnitin before you submit your final assignment. Full instructions and guidance for the use of Turnitin can be found at: https://help.otago.ac.nz/blackboard/assessing-your-students/turnitin/turni

Information and Communications Technology Regulations

Students' attention is drawn to the regulations in the current University Calendar concerning computer usage as follows: <u>https://www.otago.ac.nz/otago836506.pdf</u> (p 188)

4. Responsibilities

4.1. Each User of ICT shall:

- (a) comply with all applicable New Zealand law, including but not limited to, law on copyright, privacy, defamations, objectionable material, and human rights;
- (b) comply with these Regulations and all applicable University statutes, regulations, policies, procedures, guidelines or codes;
- (c) comply with the terms of any licence agreement between the University and any third party that governs the use of software or online resources;
- (d) take all reasonable precautions to secure his or her passwords, accounts, software and data and no user shall give their password to any other person. If access becomes compromised or potentially insecure, a User must immediately notify Information Technology Services and, as soon as is practicable, implement a new secure password or passcode.

Laboratory Standards

While attending the School, 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.

Course Advising

Staff in the School are available to provide students with course advice so that you can choose appropriate papers through your degree that fit your career/study aspirations.

Formal course advising sessions to plan for 2025 will be held in September/October 2024. Details of these will be communicated to students via Blackboard.

At any time of the year, if you have any enquiries or questions regarding course choices and planning then you are welcome to contact the programme leaders for your major, as follows:

- Physical Education, Activity and Health Dr Lara Vlietstra <u>lara.vlietstra@otago.ac.nz</u>
- Exercise and Sport Science –
 Professor Chris Button (until 26 February 2024) <u>chris.button@otago.ac.nz;</u>
 Associate Professor Nancy Rehrer (from 26 February 2024) <u>nancy.rehrer@otago.ac.nz</u>
- Sport Development and Management Associate Professor Sally Shaw <u>sally.shaw@otago.ac.nz</u>

Programme Information

Exercise & Sports Science

Programme Coordinator: Professor Chris Button (until 26 February 2024); Associate Professor Nancy Rehrer (from 26 February 2024)

Understanding the science of human movement and performance

The list of benefits of exercise and sport participation on health, wellbeing and quality of life is continually growing. Exercise and Sport Science is an internationally-recognised scientific discipline consisting of four core sub-disciplines: biomechanics, motor control/learning development, physiology and psychology. Our curriculum is aligned with accrediting bodies in Exercise and Sport Science providing attractive career opportunities.

Physical Education, Activity and Health

Programme Coordinator: Dr Lara Vlietstra

Social and physical bases of mauri ora or flourishing wellness

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.

Sport Development and Management

Programme Coordinator: Associate Professor Sally Shaw

Community, culture, and commerce

Sport is a rapidly expanding industry that intersects with education, culture, commerce, health and tourism. The Sport Development and Management major is an internationally-recognised applied discipline, founded on the global growth in sport science degrees and sport management specialisations. It has three orientations:

- 1. Concern with the quality of organisations and the societal conditions that support sport participation.
- 2. Individuals' enhancement in sport and the understanding of psychological variables that help development and performance.
- 3. Attending to sport's links with community objectives such as wellness, social integration, and economic renewal.

Papers examine the spectrum of people, institutions, and policies that influence the structure, management, and experience of sport.

Bachelor of Science – Physical Education, Activity & Health

Bachelor of Science (BSc) majoring in Physical Education, Activity and Health

Level	Papers	Points
	SPEX 101 Sport, Science and Society	18
100 loval	SPEX 102 Principles of Exercise for Health and Performance	18
100-16661	ANAT 101 Anatomy for Sport and Exercise (or HUBS 191 and HUBS 192)	18
	PHSL 101 Physiology for Sport and Exercise (or HUBS 191 and HUBS 192)	18
	Three of:	
	SPEX 203 Exercise Physiology	
200-level	SPEX 205 Physical Activity and Health	54
	SPEX 206 Te Pū o te Ora Māori Physical Education and Health (not offered 2024)	
	SPEX 207 Understanding Sports Coaching	
	Four of:	
	SPEX 306 Te Pou o te Koronga Advanced Māori Physical Education and Health (not offered 2024)	
	SPEX 307 Coaching, Leadership and Mentoring	
300-level	SPEX 308 Psychology of Physical Activity	72
	SPEX 309 Active Living and Environment	
	SPEX 310 Exercise for Clinical Populations	
	SPEX 316 Practicum	
Dluc	162 further points; must include 54 points at 200-level or above.	162
Plus	Up to 90 points may be taken from outside Science.	102
Total		360

NOTE: From 2024 this major is part of the BSc, all students prior to 2024 enrolment who wish to continue with this major as a BAppSc are encouraged to discuss this with the Programme Leader.

Bachelor of Science – Sport Development & Management

Bachelor of Science (BSc) majoring in Sport Development and Management

Level	Papers	Points
	SPEX 101 Sport, Science and Society	18
100-	SPEX 102 Principles of Exercise for Health and Performance	18
level	ANAT 101 Anatomy for Sport and Exercise	18
	PHSL 101 Physiology for Sport and Exercise	18
200	SPEX 204 Psychology of Sports and Exercise	18
200-	SPEX 208 Sociology of Sport and Exercise	18
level	SPEX 209 Sport Development and Management	18
	Four of:	
	SPEX 304 Sport Psychology	
300-	SPEX 312 Advanced Sociology of Sport	72
level	SPEX 313 Sport and Health Policy (not offered 2024)	12
	SPEX 314 Advanced Sport Management	
	SPEX 315 Sport Media	
	162 further points (SPEX 206 Te Pū o te Ora Māori Physical Education and Health recommended);	
Plus	must include 54 points at 200-level or above.	162
	Up to 90 points may be taken from outside Science.	
Total		360

Bachelor of Science – Exercise & Sport Science

Bachelor of Science (BSc) majoring in Exercise and Sport Science

Level	Papers	Points
	SPEX 101 Sport, Science and Society	18
100-	SPEX 102 Principles of Exercise for Health and Performance	18
level	ANAT 101 Anatomy for Sport and Exercise (or HUBS 191 and HUBS 192)	18
	PHSL 101 Physiology for Sport and Exercise (or HUBS 191 and HUBS 192)	18
	SPEX 201 Biomechanics	18
200-	SPEX 202 Motor Behaviour	18
level	SPEX 203 Exercise Physiology	18
	SPEX 204 Psychology of Sport and Exercise	18
	Four of:	
	SPEX 301 Performance Analysis	
	SPEX 303 Exercise Energetics and Physiology	
300-	SPEX 304 Sport Psychology	72
level	SPEX 305 Athletic Conditioning and Rehabilitation	12
	SPEX 311 Sports Technology	
	SPEX 316 Practicum	
	SPEX 317 Neural Control of Movement	
	144 further points (SPEX 206 Te Pū o te Ora Māori Physical Education and Health recommended);	
Plus	must include 54 points at 200-level or above.	144
	Up to 90 points may be taken from outside Science.	
Total		360

Bachelor of Arts – Sport Development & Management

Bachelor of Arts (B	A) majoring in S	port Development	and Management

Level	Papers	Points
100-	SPEX 101 Sport, Science and Society	18
level	SPEX 102 Principles of Exercise for Health and Performance	18
200	SPEX 204 Psychology of Sport and Exercise	18
200- Ioval	SPEX 208 Sociology of Sport and Exercise	18
level	SPEX 209 Sport Development and Management	18
	Four of:	
	SPEX 304 Sport Psychology	
300-	SPEX 312 Advanced Sociology of Sport	72
level	SPEX 313 Sport and Health Policy (not offered 2024)	/2
	SPEX 314 Advanced Sport Management	
	SPEX 315 Sport Media	
	198 further points (ANAT 101 Anatomy for Sport and Exercise, PHSL 101 Physiology for Sport and	
Dluc	Exercise, and SPEX 206 Te Pū o te Ora Māori Physical Education and Health recommended); must	100
Plus	include 54 points at 200-level or above.	190
	Up to 90 points may be taken from outside Arts.	
Total		360

SPEX Papers

First Semester		Paper Coordinator
SPEX 101	Sport, Science and Society	Steve Jackson
ANAT 101	Functional Anatomy for Exercise Science	. Rachel Lissaman (Anatomy)
SPEX 202	Motor Behaviour	Neil Anderson
SPEX 203	Exercise Physiology	Jim Cotter
SPEX 207	Understanding Sports Coaching	. Tania Cassidy
SPEX 209	Sport Development and Management	Sally Shaw/Mike Sam
SPEX 301	Performance Analysis	. Peter Lamb
SPEX 304	Sport Psychology	. Ken Hodge
SPEX 305	Athletic Conditioning and Rehabilitation	. Melanie Bussey
SPEX 308	Psychology of Physical Activity	Elaine Hargreaves
SPEX 309	Active Living and Environment	Nancy Rehrer/Margie Lazar
SPEX 310	Exercise for Clinical Populations	Lara Vlietstra
SPEX 312	Advanced Sociology of Sport	Mark Falcous

Second Semester

SPEX 102	Principles of Exercise for Health and Performance	Chris Button
PHSL 101	Physiology for Sport and Exercise	Jennifer Shack (Physiology)
SPEX 201	Biomechanics	Melanie Bussey
SPEX 204	Psychology of Sport and Exercise	Ken Hodge
SPEX 205	Physical Activity and Health	Lara Vlietstra
SPEX 206	Te Pū o te Ora Māori Physical Education & Health	Not Offered 2024
SPEX 208	Sociology of Sport & Exercise	Mark Falcous
SPEX 303	Exercise Energetics and Physiology	Nancy Rehrer
SPEX 306	Te Pou o Te Koronga Advanced Māori PE & Health	Not Offered 2024
SPEX 307	Coaching, Leadership and Mentoring	Lecturer TBC
SPEX 311	Sports Technology	Chris Button
SPEX 313	Sport and Health Policy	Not Offered 2024
SPEX 314	Advanced Sport Management	Sally Shaw
SPEX 315	Sport Media	Steve Jackson
SPEX 317	Neural Control of Movement	Tina van Duijn
Full Year		
SPEX 316	Practicum	Margie Lazar

SPEX 101 Sport, Science and Society

First Semester

Paper Coordinator - Professor Steve Jackson

Contact: steve.jackson@otago.ac.nz

A critical overview of the nature and influence of sport in society, exploring how sport intersects with the fields of science, health, education, politics and the economy.

SPEX 101 Sport, Science and Society examines the sociological, psychological, political and economic impacts of sport on society. In particular, the paper will explore sport as a social practice and institution that impacts on youth, health, the economy and the environment. Such impacts are far reaching, influencing how society views the human body, human behaviour, social and cultural identities, social structures and institutions, and state politics and policy. Key questions explored include: How has science influenced the nature of sport? How does psychology influence sport performance? Why do governments invest in elite sport? What is the obesity crisis and what are the main causes? How does the media represent female athletes? Why do some people believe some racial/ethnic groups have a genetic advantage in sport? How does sport impact on the environment?

Teaching Staff

- Professor Steve Jackson
- Professor Ken Hodge
- Associate Professor Mike Sam
- Associate Professor Sally Shaw
- Dr Troy Ruhe

Required Textbooks

There is no compulsory textbook. A reading list will be provided with most readings available via Blackboard or electronically through the Central Library.

Lectures

Lectures (3 hours per week), Tuesday, Thursday, Friday 10.00am-10.50am.

SPEX 102 Principles of Exercise for Health and Performance

Second Semester

Paper Coordinator – Professor Chris Button

Contact: chris.button@otago.ac.nz

An introduction to the principles and practice of exercise science, including common and relevant myths or misconceptions.

SPEX 102 Principles of Exercise for Health and Performance introduces exercise science and its disciplines (e.g., biomechanics) partly by considering common myths, misconceptions, and students' understanding of these. For example, what actually is exercise or fitness? Is exercise training necessary for fitness, and is fitness necessarily improved from training? What constitutes resistance or endurance exercise, and why do they improve fitness for health, work, or sport? Do training aids such as ice baths really aid fitness or performance? Does practice improve skill? How much practice, and what type? How would you know such things or test them yourself? Cultural and environmental contexts are also addressed. This paper would benefit anyone interested in exercise for human health or performance.

Teaching Staff

- Professor Jim Cotter
- Professor Chris Button
- Associate Professor Melanie Bussey
- Dr Peter Lamb
- Associate Professor Elaine Hargreaves
- Associate Professor Jeremy Hapeta
- Ms Marguerita Lazar
- Assoc Prof Nancy Rehrer
- Dr Lara Vlietstra

Required Textbooks

No textbooks required. Readings will be assigned.

Lectures

Lectures (3 hours per week), Monday, Wednesday, Friday, 9.00-9.50 am. Practical sessions (2hours per week).

SPEX 201 Biomechanics

Second Semester

Paper Coordinator – Associate Professor Melanie Bussey

Contact: melanie.bussey@otago.ac.nz

An introduction to the mechanical principles and analytical techniques that can be applied to understand human structure and function.

Biomechanics is a fast growing sub-discipline of sport science. It is a high-tech science concerned with analysing how and why we move the way we do. This paper is an introduction to biomechanics. We will examine the mechanical principles and analytical techniques that can be applied to understand human structure and function.

Teaching Staff

- Associate Professor Melanie Bussey
- Dr Peter Lamb

Required Textbooks

Blazevich, A. J. (2017). Sports biomechanics: the basics: optimising human performance (3rd ed.). Bloomsbury Publishing.

Uchida, T., & Delp, S. (2021). Biomechanics of Movement : The Science of Sports, Robotics, and Rehabilitation. MIT Press.

Lectures

Lectures (3 hours per week), Monday, Wednesday and Friday 10:00-10:50am Practical (2 hours per week) - students will be streamed into a practical class on a day that fits their timetable.

SPEX 202 Motor Behaviour

First Semester

Paper Coordinator – Dr Neil Anderson

Contact: neil.anderson@otago.ac.nz

An introduction to the discipline of motor behaviour, consisting of motor control, learning, and development. Covers the typical process of skill acquisition and the systems and function of human movement.

Teaching Staff

- Professor Chris Button
- Dr Neil Anderson

Highly Recommended Textbook

Haibach-Beach, P.S., Reid, G. & Collier, D.H. (2017). *Motor Learning and Development* (2nd Ed.). Champaign, IL: Human Kinetics.

Lectures, Laboratories and Tutorials

Three 1-hour lectures per week, Monday, Wednesday and Friday 10:00-10:50am

Three 2-hour tutorials per semester. Three 2-hour labs per semester. Students will be streamed into a practical class on a day that fits their timetable.

SPEX 203 Exercise Physiology

First Semester

Paper Coordinator – Professor Jim Cotter

Contact: jim.cotter@otago.ac.nz

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.

This paper describes the acute and adaptive physiological and energetic/metabolic responses to exercise in various contexts (e.g. resistance and endurance exercise), for health or performance. It also covers measurement of exercise intensity and energy usage.

Teaching Staff

- Professor Jim Cotter
- Associate Professor Nancy Rehrer

Highly Recommended Textbooks

McArdle, W.D., Katch, F.I. & Katch, V.L. (ideally at least 2015) Exercise Physiology: Energy, Nutrition and Human Performance (incl. CD-ROM), (ideally at least 7th Edition). Baltimore, MD: Lippincott, William and Wilkins.

OR, if a second-hand copy is available:

Powers, S.K. & Howley, E.T. (Ideally at least 2014) Exercise Physiology: Theory and Application to Fitness and Performance (ideally at least Australia & New Zealand Edition). New York: McGraw-Hill.

Lectures

Lectures (3 hours per week), Wednesday, Thursday and Friday 9:00-9:50am Laboratories (eight 2-hour sessions) and an optional tutorial per week.

SPEX 204 Psychology of Sport and Exercise

Second Semester

Paper Coordinator – Professor Ken Hodge

Contact: <u>ken.hodge@otago.ac.nz</u>

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.

This paper covers seven modules/topics:

- Introduction to the psychology of sport & exercise
- Understanding participants in sport & exercise
- Understanding sport & exercise environments
- Understanding exercise motivation and psychological well-being
- Understanding group and team processes
- Enhancing performance; mental skills training
- Facilitating psychological growth and development

Teaching Staff

- Professor Ken Hodge
- Associate Professor Elaine Hargreaves

Required Textbooks

Required text: Weinberg, R. & Gould, D. (2019). *Foundations of Sport and Exercise Psychology* (5th Edition). Champaign, IL: Human Kinetics (or 6th Edition, 2015).

Recommended text: Hodge, K.P. (2010). *Sport Motivation: Training Your Mind for Peak Performance* (2nd Ed.). Auckland, NZ: Raupo.

Reserve readings will be available through Closed Reserve in the library.

Lectures

Lectures (3 hours per week), Tuesday and Thursday 9:00-9:50am and Friday 11:00-11:50am

SPEX 205 Physical Activity and Health

Second Semester

Paper Coordinator Dr Lara Vlietstra

Contact: lara.vlietstra@otago.ac.nz

Exploring the health benefits of physical activity, design of physical activity initiatives in schools, workplace and communities, exercise recommendations for healthy individuals and the role of exercise in disease prevention.

This paper provides an introduction to the field of physical activity and health. The paper explores the health benefits of physical activity and individual, social, environmental and policy influences on physical activity. The paper will also explore physical activity promotion in community, school and workplace settings, physical activity recommendations for healthy individuals across lifespan and the role of physical activity in disease prevention.

The paper covers five modules:

- Module 1: Introduction to physical activity and health
- Module 2: Designing exercise programs for healthy individuals
- Module 3: Ecological approach to physical activity
- Module 4: Role of exercise in chronic disease prevention and management
- Module 5: Cultural perspectives on physical activity promotion

Teaching Staff

- Dr Lara Vlietstra
- Guest lecturers

Required Textbooks

No required textbook.

A reading list will be provided, which details the book chapters or research articles that complement each lecture. These readings will be available online or through course reserve in the library.

Lectures

The content will be delivered through a combination of classroom sessions, in-class activities, laboratories, seminars and case studies.

Lectures (three hours per week), Tuesday, Thursday and Friday 12:00-12:50pm. Laboratories (seven laboratories throughout the semester; two hours each), Labs will be in weeks 30, 32, 33, 37, 39, 40 and 41.

SPEX 206 Te Pū o te Ora Māori Physical Education and Health

Not offered 2024

Paper Coordinator – TBC

Contact: physical-education@otago.ac.nz

An introduction to Māori understandings of physical education and health, comprised of four components: Māori worldview; Treaty of Waitangi; Kaupapa Māori; Applications.

By the end of this paper the student will have had:

- An opportunity to engage with some of the theoretical constructs of a Māori worldview.
- An understanding of the relevance of the Tiriti o Waitangi for Māori PE and health.
- An introduction to kaupapa Māori theory and methodology and acquired tools, which will help you in 'practice' with Māori.
- An improved understanding of the platform of your thinking for Māori PE and health.
- An ideas in relation to a contemporary Māori PE and health issue in a group.
- An understanding of course material through noho marae.

The paper is focused on three key wāhanga or topics. These are: (1) Te Ao Māori / Māori worldview; (2) Tiriti o Waitangi / Treaty of Waitangi, kaupapa Māori theory and methodology; and (3) Applications of Māori PE and health. In this paper we ask students to:

- 1. Examine perspectives of Māori PE and health
- 2. Consider appropriate applications for Māori PE and health
- 3. Relate theoretical concepts to current issues

This course has a compulsory 'Noho' marae (stayover) experience which is linked to a reflective assessment that is worth 10%. Approximately, an estimated 24 hours of 'course work' happens over this Noho. For this reason we only meet once a week at our one and only lecture (due to the hours we do during the Noho). Additionally, 50% of the assessments are via group-based assignments including a Group essay (25%) and a Group presentation (25%). Much of the planning and conversations for this group-based work occurs during the one lecture that we have. So, attendance at lectures is essential to your Group-based work and cannot be 'caught up' by watching the lecture on-line at a later time.

Teaching Staff

- TBC

Required Textbooks

No textbooks required. Course readings will be provided.

Lectures

твс

Practical

A compulsory noho marae (stay at a traditional Māori meeting house) will be held more details provided during the first class.

SPEX 207 Understanding Sports Coaching

First Semester

Paper Coordinator – Professor Tania Cassidy

Contact: tania.cassidy@otago.ac.nz

An examination of what it means to be a sports coach in Aotearoa/New Zealand, drawing on research grounded in pedagogy, psychology, sociology, economics, gender, environmental science and management.

Are you interested in developing your understanding about what it means to be, and to become, a sports coach? Drawing on theoretically informed sociocultural literature and applied experiences, SPEX 207 explores topics including 'What and who is a sports coach?' and 'becoming a coach', all the while recognising the various, and changing, contexts in which coaching occurs.

Teaching Staff

- Professor Tania Cassidy

Required Textbooks

No textbook required.

Lectures

The majority of the teaching occurs in a lecture format, but there will be opportunities to engage with sports coaching case studies.

Lectures (3 hours per week), Monday and Wednesday 1:00-1:50pm and Thursday 2:00-2:50pm.

SPEX 208 Sociology of Sport and Exercise

Second Semester

Paper Coordinator – Associate Professor Mark Falcous

Contact: <u>mark.falcous@otago.ac.nz</u>

An exploration of the sociological significance of sport and exercise in contemporary society, including an understanding of the cultural, political and economic processes of sport.

Teaching Staff

- Associate Professor Mark Falcous

Required Textbooks

No textbooks required.

Lectures

Lectures (3 hours per week), Monday, Wednesday and Thursday 1:00-1:50pm.

SPEX 209 Sport Development and Management

First Semester

Paper Coordinators Professor Sally Shaw Contact: sally.shaw@otago.ac.nz Associate Professor Mike Sam Contact: mike.sam@otago.ac.nz

An overview of sport organisations at the local, national and international levels. Identifies sport development objectives in education, health and social welfare. Addresses management challenges around inclusion, equity and sustainability.

This paper is suitable for students interested in sport management and public administration. It explores the organisation of sport at all levels from clubs and schools to regional/national federations, government agencies and professional sport leagues.

Teaching Staff

- Professor Sally Shaw
- Associate Professor Mike Sam

Required Textbooks

No textbooks required.

Lectures

Lectures (2 hours per week), Monday and Wednesday 11:00-11:50a. Seminars (4x 1 hour), streamed.

SPEX 301 Performance Analysis

First Semester

Paper Coordinator – Dr Peter Lamb

Contact: peter.lamb@otago.ac.nz

This paper takes an in-depth look at the patterns of motion that arise in sport performance. Building on some of the knowledge gained in 100- and 200-level, movement and coordination patterns, at the biomechanical level, will be covered in greater detail. Analytical tools such as angle-angle diagrams, phase planes, relative phase and neural networks will be explored, with an emphasis on their qualitative interpretation. Students will be introduced to sports performance analysis and, specifically, to notating core elements of sports matches, methods for recording match events and the technology used to track player movements.

Teaching Staff

- Dr Peter Lamb

Required Textbooks

Bartlett, R., & Bussey, M. (2012). Sports biomechanics: Reducing injury risk and improving sports performance. London: Routledge.

Hughes, M., Franks, I. M., & Dancs, H. (2019). Essentials of performance analysis in sport (3rd ed.). London: Routledge. http://doi.org/10.4324/9780429340130

Recommended Textbooks

O'Donoghue, P. (2015). An Introduction to Performance Analysis of Sport. London: Routledge.

Bartlett, R. (2014). *Introduction to Sports Biomechanics: Analysing Human Movement Patterns*. London: Routledge.

Lectures

Lectures (2 hours per week), Wednesday and Thursday 11:00-11:50am. Practicals (4 labs of 3 hours), students will be streamed.

SPEX 303 Exercise Energetics and Physiology

Second Semester

Paper Coordinator – Associate Professor Nancy Rehrer

Contact: <u>nancy.rehrer@otago.ac.nz</u>

Application of physiological and biochemical principles to understand how muscle metabolism, whole body energetics and physiological systems are impacted by exercise such that performance and health can be altered.

This is an advanced paper in exercise metabolism and physiology. It extends the physiological principles dictating the acute response to exercise and changes that occur with adaptation to training. The regulation of energy and specific substrate usage and cardiovascular function during exercise will be explored, including their regulation during exercise and how training alters them. Other factors that can alter the physiological response to exercise will also be explored, including sex, age and environment, and some interspecies comparisons.

Teaching Staff

- Associate Professor Nancy Rehrer
- Professor Jim Cotter

Required Textbooks

There is no one text that will cover all of the material presented in class. Mclaren and Morton, Biochemistry for Sport & Exercise Metabolism is required for a large portion of the paper. (On close reserve at Science Library). Many other required readings will be on e-reserve on Blackboard. A good exercise physiology text will also be good for reference, e.g. McArdle, Katch & Katch, Exercise Physiology: Energy, Nutrition and Human Performance (on close reserve at Science Library). It is very important that you *attend lectures or get lecture notes* from a fellow student in addition to looking at readings and lecture slides.

Lectures

Lectures (2 x 1 hour per week), Wednesday 1:00-1:50 and Friday 10:00-10:50am. Laboratories (9 x 3 hours). Tutorial (informal / not compulsory), Friday 12:00-12:50 pm

SPEX 304 Sport Psychology

First Semester

Paper Coordinator – Professor Ken Hodge

Contact: <u>ken.hodge@otago.ac.nz</u>

An in-depth examination of the role social psychological variables play in participation and performance in sport. Principles and application of Mental Skills Training to enhance performance are also considered.

SPEX 304 provides the theoretical and empirical evidence that underpins sport psychology practice. The importance of psychological factors in sport is widely recognised by athletes and coaches. This paper will explore, in depth, important psychological concepts that influence participation and performance in sport. It will also explore some of the effects participation in sport has on psychological responses. These psychological concepts will be explored from a theoretical perspective with critical analysis of the sport psychology literature. Specifically, the origins of sport psychology and the research methods used to build the sport psychology evidence base are discussed. Then drawing on this motivation, self-confidence, evidence base, the concepts of anxiety and stress, concentration/attention and immoral behaviour will be examined.

Teaching Staff

- Professor Ken Hodge

Required Textbooks

There is no compulsory textbook. A reading list will be provided, which details the book chapter or research articles that complement each lecture. These readings will be available online and through course reserve in the library.

Lectures

Lectures (2 hours per week), Tuesday and Thursday 10:00-10:50am. Tutorials (5 x 1 hour).

SPEX 305 Athletic Conditioning and Rehabilitation

First Semester

Paper Coordinator – Associate Professor Melanie Bussey

Contact: melanie.bussey@otago.ac.nz

The study of evidence-based practice for sport-specific conditioning and rehabilitation to reduce the risk of injury and improve performance in athlete populations.

Effective rehabilitation post injury is vital for long-term athlete well-being and performance. The initial phases of injury rehabilitation are the responsibility of the physiotherapist while the later phases for return to play are managed by a strength and conditioning coach. Performance gaps left by ineffective post-injury conditioning may result in career-limiting recurrent injuries. For the athlete's safe return to sport, the rehabilitation team must work together to bridge the rehabilitation-conditioning performance gap.

The class is taught from the perspective of the strength and conditioning coach. We will examine athletic conditioning for rehabilitation and optimal return to play results utilising principles of motor control, physiology and biomechanics.

Teaching Staff

- TBC

Required Textbooks

Gregory Haff, Travis Triplett (Eds). (2016). *Essentials of Strength Training and Conditioning* (4th Ed.). Human Kinetics. Champaign, III, USA.

Lectures

Lectures (3 hours per week), Wednesday 12:00-12:50 and Friday 12:00-1:50pm. Practicals (6 x 2 hours)

SPEX 306 Te Pou o Te Koronga Advanced Māori Physical Education and Health

Not offered 2024

Paper Coordinator TBC

Contact: physical-education@otago.ac.nz

Application of Māori worldview and the relationships between tangata (people) and whenua (land), waka (canoes), moana (ocean) and wai (water).

By the end of this paper the student will have:

- Had an opportunity to deepen understanding of theoretical constructs of a Māori worldview.
- An understanding of mātauranga (Māori knowledge) that underpins tangata (human body); whenua (land); waka (canoes); wai (water); moana (ocean) for Māori PE and health.
- Communicated ideas in relation to a Māori community in a Māori PE and health context in a group.
- Experiential understanding of course material through noho marae.

The paper builds off SPEX 206 and is focused on five key wahanga, or topics.

These are:

(1) tangata (people); (2) whenua (land); (3) waka (canoes); (4) wai (water); and (5) moana (ocean).

In this paper we ask students to:

1. Deepen understanding of mātauranga (Māori knowledge) through the environment.

2. Examine theoretical content of the manifestations of Māori worldview through: (1) tangata (people); (2) whenua (land); (3) waka (canoes); wai (water): and moana (ocean).

3. Consider appropriate applications alongside Māori communities for the five key wāhanga topics.

Teaching Staff

- TBC

Required Textbooks

No textbooks required. Course readings will be provided.

Lectures

твс

Practical

A compulsory noho marae (stay at a traditional Māori meeting house. Exact times and more details will be provided during the first class.

SPEX 307 Coaching, Leadership and Mentoring

Second semester

Paper Coordinator – TBC

Contact: physical-education@otago.ac.nz

A theoretical analysis of what it means to be a quality coach and in doing so engage with contemporary debates around leadership, mentoring and ethics.

In SPEX307 students will be introduced to various interpretations of leadership, ethics, and mentoring Drawing on literature from a range of disciplines, and from outside of sport coaching, the students will develop a critical understanding of these interpretations and the implications of them being applied in sports coaching contexts.

Teaching Staff

- TBC

Required Textbooks No textbooks required.

Lectures

Lectures and seminar Monday 2:00-2:50pm. Thursday 12:00-12:50pm and Friday 11;00-11:50am.

SPEX 308 Psychology of Physical Activity

First Semester

Paper Coordinator – Associate Professor Elaine Hargreaves

Contact: elaine.hargreaves@otago.ac.nz

Critically examines the influence of social psychological factors on decisions to adopt and maintain physical activity and the relationships between physical activity and psychological well-being.

Teaching Staff

- Associate Professor Elaine Hargreaves

Required Textbooks

There is no compulsory textbook. A reading list will be provided, which details the book chapter or research articles that complement each lecture. These readings will be available online and through course reserve in the library.

Lectures

Lectures, Tuesday and Thursday 9:00-9:50am. Tutorials (1 hour), streamed.

SPEX 309 Active Living and Environment

First Semester

Co-Paper Coordinators

Associate Professor Nancy Rehrer Contact: <u>nancy.rehrer@otago.ac.nz</u> Ms Margie Lazar Contact: <u>margeurita.lazar@otago.ac.nz</u>

This paper discusses the design and impact of healthy, active environments. A comprehensive approach is taken on health, physical activity and the importance of the environment. Creating healty, active environments is an important way to promote physical activity. Our natural environment and ecosystem health have direct and indirect effects on our health.

The paper covers FIVE main themes:

- Physical activity and health: evidence for action
- Health and the natural environment
- Lessons from and application of Māori traditional knowledge to physical activity in the natural environment
- Outdoor Education in Aotearoa
- Design, environmental impact and recreation

Teaching Staff

- Associate Professor Nancy Rehrer
- Ms Margie Lazar
- Professor Mick Abbott
- Ms Shannon McNatty
- Dr Emily Scott
- Dr Ihi Heke

Required Textbooks

No required textbook. A reading list will be provided, which details the book chapters or research articles that complement each lecture. These readings will be available online or through course reserve in the library.

Lectures

Lectures (3 hours per week), Thursday 2:00-2:50pm and Friday 1:00-2:50pm/ Laboratories (2 hours each).

SPEX 310 Exercise for Clinical Populations

First Semester

Paper Coordinator – Dr Lara Vlietstra

Contact: lara.vlietstra@otago.ac.nz

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

Physical inactivity is a recognised contributory factor to chronic disease development, whereas regular physical activity is associated with reduced rates of cardiovascular disease, diabetes, hypertension, metabolic syndrome, depression and some cancers. This paper introduces students to the concept of physical activity/exercise for prevention and treatment of diseases. Students will learn the changes that occur in physiological systems that underpin specific disease processes and conditions and how these changes influence exercise prescription. Health conditions such as heart disease, diabetes, hypertension and cancer are presented using a systems-to-cellular approach to assist in understanding the key physiological concepts.

Teaching Staff

- Dr Lara Vlietstra

Required Textbooks

There is no compulsory textbook. Where relevant, a reading list will be provided to complement the lectures. These readings will be available online.

Lectures

Lectures (3 hours per week), Tuesday, Wednesday and Thursday 12:00-12:50pm. Tutorials (5 tutorials throughout the semester; one hour each).

SPEX 311 Sports Technology

Second Semester

Paper Coordinator – Professor Chris Button

Contact: chris.button@otago.ac.nz

In this paper you will learn about how to appraise the historical impact of changing sport technologies and also in the future. Students will be expected to critically appraise how technology has changed the ways that sport and exercise are participated, watched, and promoted. As part of the course you will debate the ethics/fairness of the role of technology in modern sport. Some key skills you will develop include a range of effective communication and presentation skills (e.g., verbal, written, individual and group presentations). Furthermore, you will develop independent learning skills and demonstrate creative problem-solving. Students who are interested in technology and the role it plays in our lives will find value in taking this paper.

Teaching Staff

- Professor Chris Button
- Dr Peter Lamb
- Associate Professor Mark Falcous

Required Textbooks

Schmidt, S. L. (Ed.). (2020). 21st Century Sports: How Technologies Will Change Sports in the Digital Age. Springer Nature.

A supplementary reading list will be provided in the course manual, which details the book chapter or research articles that complement each lecture.

Lectures

Lectures (1 hour), Thursday, 3.00-3.50pm. Tutorials (1 hour), Thursday 4:00-4:50pm. Practicals (2 hours).

SPEX 312 Advanced Sociology of Sport

First Semester

Paper Coordinator – Associate Professor Mark Falcous

Contact: mark.falcous@otago.ac.nz

A sociological examination of contemporary issues related to the cultural, political and economic impact of sport and exercise both locally and globally.

Teaching Staff

- Associate Professor Mark Falcous

Required Textbooks

There is no compulsory textbook. A reading list will be provided, most of which are available via Blackboard or electronically through the Central Library.

Lectures

Lectures (3 hours per week), Monday 9:00-9:50am and Friday 9:00-10:50am.

SPEX 313 Sport and Health Policy

Not offered 2024

Paper Coordinator – Associate Professor Mike Sam

Contact: mike.sam@otago.ac.nz

Analyses social and economic policies relating to sport, physical activity and health.

This paper examines the institutional, ideological and managerial dimensions of public policy. It considers the principal issues facing the sector (e.g. physical inactivity, declining participation, doping, match-fixing) as well as the viability of remedies and policy instruments used to address these problems.

Teaching Staff

- Associate Professor Mike Sam

Required Textbooks No textbooks required.

Lectures Lecture (3 hours in one block).

SPEX 314 Advanced Sport Management

Second Semester

Paper Coordinator – Professor Sally Shaw

Contact: sally.shaw@otago.ac.nz

A critical examination of selected principles of management in New Zealand sport development. This paper builds on the topics introduced by Professor Shaw in SPEX 209.

Teaching Staff

- Professor Sally Shaw

Required Textbooks

A reading list will be provided, which details the book chapter or research articles that complement each lecture. These readings will be available online.

Lectures

Lectures (2 hours per week), Monday and Wednesday 12:00-12:50am.

SPEX 315 Sport Media

Second Semester

Paper Coordinator – Professor Steve Jackson

Contact: steve.jackson@otago.ac.nz

An examination of the interrelationships between sport, media and culture. The focus is on the production, representation, consumption and regulation of sport and the media at the local and global levels.

This paper explores how sport is produced, sponsored, represented, consumed and regulated. Key questions include: Who really owns sport? Why do advertisers and marketers use sport as a vehicle to promote their brands? How does the media represent various social identities? Does hosting a sport mega-event really improve a nation's economy?

Required Textbooks

There is no compulsory textbook. A reading list will be provided with most readings available via Blackboard or electronically through the Central Library.

Lectures

Lecture (2 hours per week), and Tutorial (1 hour), Thursday 9:00-11:50am

SPEX 316 Practicum

Full Year, First Semester, Second Semester

Paper Coordinators – Marguerita Lazar, and Emily Scott

Contact: marguerita.lazar@otago.ac.nz or emily.scott@otago.ac.nz

Practicums and placements offer students the opportunity to apply knowledge from their degree to workplace settings to develop their professional 'knowing' and judgement.

This paper can be completed either by selecting three shorter practicums (34 hrs each) or admission into a full paper placement opportunity (149 hrs). For those enrolled in the paper, they will be able to view more detail about courses offered on Blackboard from 1 February 2024. Those interested in applying for full placements need to make their applications by 15 February following the instructions provided in Blackboard. All students will be required to submit preferred practicums by Wednesday 28 February after a compulsory briefing session (1-2pm venue TBC). Please continue to check your student emails and Blackboard for further information. As this paper is not timetabled, students are required to confirm that their practicums or placements do not have timetable clashes with other university papers. Please note: students must complete this paper as a full year occurrence unless prior approval is obtained by the course coordinators.

Teaching Staff

- Will vary depending on chosen practicums/placements

Required Textbooks

There is no compulsory textbook. A reading list will be provided where relevant, to complement each aspect of the paper.

SPEX317 Neural Control of Movement

Semester 2

Paper Coordinator – Dr Tina van Duijn

Contact: t.vanduijn@otago.ac.nz (from 3 June 2024)

Neurophysiological mechanisms underlying information processing and control of human movement.

This paper examines the neurophysiological mechanisms underlying information processing and control in human movement. The structure and function of the sensory and motor systems will be examined to understand the role of the brain in generating, initiating and controlling movement across the spectrum of motor behaviour – from elite motor performance to disordered movement. The paper covers neurophysiological techniques commonly used in movement neuroscience research, as well as clinical and sports/exercise settings to assess and quantify human movement.

Teaching staff

- Dr Tina van Duijn

Textbooks (TBC)

- Kandel, E.R., Schwartz, J.H. and Jessell, T.M., Siegelbaum, S.A., & Hudspeth, A.J. (2013). Principles of neural science. (5th edition), International Edition. New York: McGraw-Hill.
- Latash, M. L. (2008). Neurophysiological Basis of Movement. (2nd Edition), Champaign, IL: Human Kinetics.

Other required readings will be linked on Blackboard.

Lectures and laboratory activities will be based upon material in these textbooks and any blackboard readings. Regular access to the textbooks and these readings during the semester will be assumed.

Lectures

Monday 1:00 – 1:50 and Thursday 1:00-1:50pm Practicals: 3 hours (5 practicals overall)

Timetables

Lecture Timetable Semester 1 2024

Most papers will also have tutorials and/or practical streams - check EVision for more information

	Monday	Tuesday		Wednesday		Thursday		Friday			
8.00											
9.00	SPEX312	SPEX308		SPEX203		SPEX203	SPEX308	SPEX203			
10.00	SPEX202	SPEX101	SPEX304	SPEX	202	SPEX101	SPEX304	SPEX101 SPEX202		202	SPEX312
11.00	SPEX209	ANAT101		SPEX209	SPEX301	SPEX301		ANAT101			
12.00		SPEX310		SPEX305		SPEX310		CDEV20E			
13.00	SPEX207			SPEX207				SPEX305		CDEV200	
14.00				SPEX310		SPEX207	SPEX309			SPEX309	
15.00											
16.00											
17.00											

	Mor	nday	Tuesday	Wedn	Wednesday		rsday	Friday		
8.00	PHSL101		PHSL101	PHSL101						
9.00	SPEX102		SPEX204	SPEX102		SPEX204		SPEX102		
10.00	O SPEX201			SPEX201			SPEX315	SPEX201	SPEX303	
11.00								SPEX204	SPEX307	
12.00	OO SPEX314		SPEX205	SPEX314		SPEX205	SPEX307	SPEX205		
13.00	SPEX208	SPEX317		SPEX208	SPEX303	SPEX208	SPEX317			
14.00	14.00 SPEX307									
15.00	5.00					SPEX311				
16.00										
17.00										