

CAPL Degree Application

Bachelor of Applied Science BAppSci (with specialisation)

CH3981 - Level 7, 360 credits

With specialisations in:

Physical Activity and Health Promotion
Sport and Exercise Science
Human Nutrition

This application pack should be read in conjunction with the CAPL Degree Information brochure.

About the Bachelor of Applied Science (with specialisation)

Graduates will be able to critically evaluate and apply their knowledge, skills and attributes to the constantly changing contexts of Physical Activity and Health Promotion, Sport and Exercise Science, or Human Nutrition.

Bachelor of Applied Science (Physical Activity and Health Promotion) graduates will have the awareness, skills and expertise to become conduits for physical activity, health and wellness in an increasingly sedentary populace.

Bachelor of Applied Science (Sport and Exercise Science) graduates will be able to evaluate, facilitate and/or enhance sport and exercise performance in a wide range of contexts in contemporary and future settings.

Bachelor of Applied Science (Human Nutrition) graduates will have expertise in nutrition and an awareness of the effect of biological and sociological influences on the nutrition of individuals and groups within Aotearoa New Zealand and the global context.

Graduate Profile

To be assessed for the whole qualification you will have the ability to:

- apply knowledge and skills of your specific discipline to a range of industry contexts.
- conceptualise and apply critical thinking.
- establish and maintain ethical workplace and client relationships.
- critically reflect and appraise to inform your own sustainable professional practice.
- engage with scientific research to ensure currency of practice.
- communicate and collaborate effectively in a range of vocational, cultural and educational settings.
- engage competently with Māori clients and communities.

You will also be expected to present a portfolio of work relevant to the knowledge and skills required for your specialisation.

Physical Activity and Health Promotion Specialisation

If you choose this specialisation you will also have the ability to:

- work effectively with a range of populations and organisations to enhance the holistic health of individuals, communities and populations.
- apply health promotion and wellbeing principles and concepts in a range of environmental, cultural and social contexts.
- apply principles of physical activity and health promotion to enable clients from a range of diverse backgrounds to achieve their goals.

Sport and Exercise Science Specialisation

If you choose this specialisation you will also have the ability to:

- apply knowledge of sport and exercise science to measure, evaluate and enhance sports and exercise performance to enable clients to achieve identified goals or outcomes.

Human Nutrition Specialisation

If you choose this specialisation you will also have the ability to:

- apply knowledge of nutrition science to enhance the health of individuals, community groups and special populations.
- effectively communicate nutrition principles in a range of contexts.
- use knowledge of cultural, social and environmental issues to assist in the nutritional choices of individuals and groups.

Year 1 Profile

To be assessed for the first year of the qualification you will have the ability to:

- produce academic work in accordance with accepted conventions.
- apply effective study skills and autonomy in sourcing information.
- apply introductory knowledge of Te Reo ōna tikanga Māori to engage competently with Māori clients and communities.

Physical Activity and Health Promotion

- demonstrate foundational knowledge of anatomy and physiology, nutrition, health promotion, physical activity and disability, and fitness assessment.
- apply the concept of Hauora in a health setting.
- demonstrate attributes required for work placement.

Sport and Exercise Science

- apply foundational knowledge of anatomy and physiology, nutrition, sports psychology, biomechanics and fitness assessment.
- understand the role of a sport scientist in a sport and exercise science setting.
- demonstrate attributes required for work placement.

Human Nutrition

- demonstrate foundational knowledge of anatomy and physiology, nutrition, chemistry, food consumption and health.
- perform chemical analysis.
- demonstrate attributes required for work placement.

Year 2 Profile

To be assessed for the first two years of the qualification you will have the ability to:

- critique and evaluate research designs and information.
- apply knowledge of cultural competence to engage effectively with Māori clients and communities.

Physical Activity and Health Promotion

- apply and evaluate skills and attributes required for work placement.
- evaluate and apply principles of nutrition management, exercise prescription, health promotion, exercise and health psychology and lifespan physiology.
- understand the role and scope of professional practice in a health and wellness context.
- undertake safe and effective health and wellness assessments.

Sport and Exercise Science

- apply and evaluate skills and attributes required for work placement.
- evaluate and apply principles of nutrition, exercise prescription, biomechanics, exercise physiology and sport psychology.
- undertake safe, effective and valid athletic assessments.

Human Nutrition

- apply and evaluate skills and attributes required for work placement.
- apply foundational knowledge of health promotion.
- evaluate and apply principles of nutrition management.
- understand the role of macro and micronutrients in maintaining health.
- understand the role and scope of professional practice in a health and wellness context.
- undertake safe and effective health and wellness assessments.
- apply the concept of Hauora in a health setting.

Aside from course learning areas, the difference between what is expected from a Year 3 candidate, and one being assessed as able to enrol into Year 3, is the academic profile, shown below:

Academic profile of a Level 6 (year 2) candidate	Academic profile of a Level 7 (year 3) candidate
<p>Carry out processes that:</p> <ul style="list-style-type: none"> • require a command of wide-ranging, highly specialised technical or scholastic skills • involve a wide choice of standard and non-standard procedures, often in non-standard combinations • are employed in highly variable routine and non-routine contexts 	<p>Carry out processes that:</p> <ul style="list-style-type: none"> • require a command of highly specialised technical or scholastic and basic research skills across a major discipline • involve the full range of procedures in a major discipline • are applied in complex, variable and specialised contexts
<p>Employing:</p> <ul style="list-style-type: none"> • specialised knowledge with depth in more than one area • the analysis, reformatting and evaluation of a wide range of information • the formulation of appropriate responses to resolve both concrete and abstract problems 	<p>Requiring:</p> <ul style="list-style-type: none"> • knowledge of a major discipline with areas of specialisation in depth • the analysis, transformation and evaluation of abstract data and concepts • the creation of appropriate responses to resolve given or contextual abstract problems
<p>Applied:</p> <ul style="list-style-type: none"> • in managing processes • within broad parameters for defined activities • with complete accountability for determining and achieving personal and/or group outcomes 	<p>Applied:</p> <ul style="list-style-type: none"> • in planning, resourcing and managing processes • within broad parameters and functions • with complete accountability for determining, achieving and evaluating personal and/or group outcomes

Learning areas

Although you will be assessed against the graduate profile for either advanced standing into year 3 of the programme or for the complete Bachelor of Applied Science (with specialisation) you also need to provide evidence that you meet the requirements for each of the learning areas as all are compulsory within each specialisation.

Core knowledge and skills required

- Knowledge of anatomical and physiological principles of the human body. Basic knowledge of nutrition as it relates to health and physical activity, and the ability to apply this knowledge in nutrition management and health-related issues
- Experience in industry (see requirement 1. on the Application Checklist)
- Experience of using written and oral communication skills in a professional setting
- An understanding of research design and ability to critically evaluate research.

Specialist knowledge and skills required

Physical activity and health promotion

You will have a good understanding of the factors influencing health in the community and you can utilise your knowledge of biopsychosocial factors to provide an in-depth understanding of factors influencing health promotion and physical activity across a variety of contexts in society.

Learning areas include - Health Promotion; Lifestyle and Health; Wānāka Hauora; Health and Exercise Psychology; Professional Practice; Health and Fitness Assessment; Exercise Prescription and Programming; Physical Activity and Rehabilitation; Applied Nutrition; Health Promotion for Diverse Groups; Research Design and Statistics.

Sport and Exercise Science

Your understanding of the theory and application of sports psychology, exercise physiology, exercise prescription, sports evaluation techniques and biomechanics allows you to analyse, assess and enhance sports performance, create advanced training programmes to achieve sporting excellence and be part of teams working in this area.

Learning areas include - Health and Fitness Assessment; Sport and Performance Analysis; Sport and Exercise; Sports Psychology; The Psychology of Development and Performance; Endurance Sports Performance; Sports and Movement Analysis; Exercise Prescription and Programming; Advanced Training for Strength and Power; Physical Activity and Rehabilitation; Sports Performance and Conditioning; Sports Evaluation and Performance; Information and Policy in Sport Management; The Psychology of Sports Excellence.

Human Nutrition

Your understanding and application of food consumption behaviours, micro and macronutrients in a health context, and the principles, practice and impact of health promotion on individual and population health gives you the skills to enhance the health of community groups and special populations through the application of nutrition science.

Learning areas include - Biochemistry; Chemistry for Applied Science; People, Food and Environment; Lifestyle and Health; Wānāka Hauora; Health Promotion; Macronutrients and Health; Micronutrients and Health; Nutrition and Psychology; Nutrition Management; Applied Nutrition; Nutrition and Disease; Population Nutrition; Phytonutrients and Health.

How do I apply?

To make a CAPL application, please supply:

Your Checklist

- | | | |
|---|---|--------------------------|
| 1 | Your completed application form. | <input type="checkbox"/> |
| 2 | <p>Your current and detailed curriculum vitae (CV).</p> <ul style="list-style-type: none">• Your CV should contain work history for each job (or voluntary position) held in the past 10 years relevant to the qualification you are applying for.
Please attach a job description or detail:<ul style="list-style-type: none">a) company nameb) period of employmentc) the position you heldd) the tasks or responsibilities of this positione) the skills, knowledge or attributes required to carry out the above tasks and responsibilities.
• formal qualifications, e.g. school, polytechnic, university, trade certificates• informal qualifications, e.g. 'in-house' workplace training workshops• relevant life experience, e.g. working in teams, managing stress etc. | <input type="checkbox"/> |
| 3 | <p>Two employer references and a supervisor's letter of support</p> <p>The references must relate to different workplaces where you've undertaken different clinical duties and tasks and assessed a different group of clients.</p> <p>Each reference must include:</p> <ul style="list-style-type: none">• the position you held• the tasks or responsibilities of this position• how well you carried out these tasks or responsibilities | <input type="checkbox"/> |
| 4 | <p>A log of clinical experience and supervision hours, signed by your supervisor</p> <p>This must show the completion of at least 260 hours of clinical experience and 20 hours of supervision.</p> | <input type="checkbox"/> |
| 5 | <p>Evidence that you have been vetted by the NZ Police Licensing and Vetting Service</p> <p>If this isn't available, you'll be required to complete a New Zealand Police Consent to Disclosure of Information form.</p> | <input type="checkbox"/> |
| 6 | Proof, if available, of language level or IELTS level for international applicants | <input type="checkbox"/> |

Please email your application to capl@ara.ac.nz

or post it to:

CAPL
Academic Services Division
Ara
PO BOX 540
Christchurch 8140

Applicant details (to be completed by applicant)

Last name:

First names:

Preferred first name: Date of birth

Title: (Mr, Ms, Miss, Mrs, other, e.g. Dr): Gender: Male Female Diverse

Postal address:

Phone*: (home) (work)

Mobile*: Email*:

** Please highlight preferred method of contact*

Which degree are you applying for?

If relevant, which specialisation are you applying for?

Personal statement which summarises your experience and learning, and which supports this application:

Signature Date

Application evaluation (to be completed by Ara staff)

Recommendation (include facilitation course)

Approved by (Programme Leader) Date

Approved by (CAPL Manager) Date