

## Diploma in Personal Training and Exercise Prescription

(LEVEL 5)

This Diploma combines the practical experience and theoretical knowledge that will enable you to meet the varied demands of working in the health and fitness industry in the areas of gym instructing, personal training, group fitness training and other areas of exercise prescription. You will learn about the complexity of the human condition, including an understanding of the physical, mental, cultural and emotional components of healthy living.

**DURATION:** Two Years (Full-Time)

**LOCATION:** Dunedin

**LEARNING OPTIONS:** Full-Time, Part-Time

**APPLICATIONS:** Accepted until February, if places are available.

**PROGRAMME BEGINS:** February 2008

**Alternative Dates of Entry to Programme:**

Generally full-time students enrol in the Diploma in Personal Training and Exercise Prescription (Level 5) at the beginning of term one. Full-time second semester enrolments are possible, however course choice may be limited due to pre-requisites. Part-time students can enrol throughout the year on a semester basis.

**ENTRY REQUIREMENTS:**

Four years of secondary education, or equivalent qualifications or work and/or life experience.

**International Students:**

Must meet all stated entry requirements, plus demonstrate English language skills equivalent to an IELTS overall band score (academic) of 6.0 (with writing and speaking no less than 6.0 and reading and listening no less than 5.5).

**ADDITIONAL DOCUMENTATION:**

Applicants must supply certified copies of proof of identity, academic records, proof of residency (where appropriate) and curriculum vitae.



**SELECTION PROCEDURE:**

Eligible applicants will be accepted onto this programme using the following criteria: Demonstration of willingness to study; evidence of gym experience or participation in a similar activity.

Where there is any doubt about meeting these criteria an interview/phone interview will be conducted to gather further information about the applicant and to assess interpersonal and communication skills which are vital to being a personal trainer. A final decision to accept or decline the student for this programme will be made post-interview.

Should the number of eligible applicants exceed the available places, applicants will be placed on a waiting list. Wait-listed applicants will be contacted if a place becomes available up until the commencement of the programme.

**FURTHER STUDY OPTIONS:**

Opportunities exist for students to bridge across into other Sports Institute Qualifications. Graduates from the Diploma in Personal Training and Exercise Prescription (Level 5) may choose to apply for entry into the second year of the Bachelor of Physical Education degree at the University of Otago (special conditions apply).

**DOMESTIC STUDENT FEES (approx)\*:**

\$5006 (Year 1)

\$5016 (Year 2)

**INTERNATIONAL STUDENT FEES (approx)\*:**

\$16000 (Years 1 and 2)

**STUDENT LOANS/ALLOWANCES:**

Full-time students of this programme are eligible for student loans and allowances (dependent on age and financial circumstances.) Please contact Studylink for additional information: 0800 88 99 00 [www.studylink.govt.nz](http://www.studylink.govt.nz)

### PROGRAMME SPECIFIC RISKS:

Students who enrol in the Diploma in Personal Training and Exercise Prescription (Level 5) will be provided with information identifying risks to which they may be exposed to across all programmes within the school. This covers the risks, a description, the level of risk and how the risk is minimised. Risks covered are accident or injury due to lifting weights, fatigue and or exhaustion due to training, massaging others, stress related with exams or assessment and water based activity.

### YOUR WORKLOAD:

The Diploma in Personal Training and Exercise Prescription (Level 5) is a full-time programme. A typical week may involve between 16 to 20 contact hours and students should commit themselves to a 9.00am to 5.00pm each day.

### WHAT WILL YOU STUDY?:

Students will study a wide range of topics that will develop their knowledge of personal training and exercise prescription. These topics will include but are not limited to, Anatomy, Physiology, Nutrition, Psychology, Exercise Prescription and Business Management. The Diploma in Personal Training and Exercise Prescription shares core papers with the Sports Institute of Otago's other Level 5 Diplomas in Sport Coaching and Management and Sporting Performance. You will also complete a number of compulsory papers specific to personal training and exercise prescription and select from a range of electives.

### QUALIFICATION STRUCTURE:

CORE AND PROGRAMME SPECIFIC COURSES YEAR 1	Level	OP Credit	CORE AND PROGRAMME SPECIFIC COURSES YEAR 2	Level	OP Credit
Risk Management and Injury	4	5	Psychological Skills Training 2	5	10
Anatomy	4	10	Nutrition Applied	5	10
Computing	4	5	Recovery Techniques	5	10
Nutrition	4	10	<b>PROGRAMME SPECIFIC</b>		
Coaching Theory and Practice	4	10	Advanced Exercise Prescription	5	15
Health Related Fitness Monitoring			Applied Personal Training	5	20
Physiology	4	10	Professional Development	5	10
Introduction to Exercise Prescription	4	10	Exercise Physiology	5	10
Customer Service	4	10			
Small Business Management	4	10			
Exercise Psychology	4	10			
<b>Total Core/Programme Specific Credits Year 1</b>		<b>100</b>	<b>Total Core/Programme Specific Credits Year2</b>		<b>85</b>
<b>Total Elective Credits Year 1 (from list below)</b>		<b>20</b>	<b>Total Electives Credits Year 2 (from list below)</b>		<b>35</b>
<b>Total Credits Year 1</b>		<b>120</b>	<b>Total Credits Year2</b>		<b>120</b>
<b>ELECTIVE COURSES (15 credits required Year 1; 35 credits required Year 2)</b>					
Personal Fitness	4	5	Advanced Coaching Practice	5	15
Introduction to Event Planning	4	10	Special Topic 1	5	5
Assistant Coaching and Management	4	20	Sports Specific Coaching 2	5	15
Sport in New Zealand	4	10	Special Topic 2	5	10
Technology in Sport	4	5	Practical Outdoor Experience	5	10
Introduction to Officiating	4	5	Sport and Exercise Information Systems	5	10
Adventure Based Learning	5	10	Advanced Coaching Theory	5	10
Sports Specific Coaching 1	4	10	Sponsorship and Marketing	5	10
Officiating 2	5	5	Tertiary Study Skills	5	10
Adventure Based Physical Conditioning	5	10	Biomechanics and Video Analysis	4	10
			Physical Conditioning 1	4	10
			Physical Conditioning 2	4	10
			Sport Massage	4	5
			Alternative Training Options	4	5
			Kinesiology for Training	5	5
<b>OPTIONAL PAPERS</b>					
Practicum Elective (Field trip)				3	10

*\*DISCLAIMER: While every endeavour is made to ensure that the information in this brochure is accurate, Otago Polytechnic reserves the right to amend, alter or withdraw any of this information. The fees shown in this document are 2007 indicative domestic fees and 2008 indicative international fees. Please note that additional fees may from time to time be required for external examinations, NZQA fees, and/or additional material fees. Both domestic and international fees for 2008 are subject to change and are dependant on the development and implementation of new Government policies signalled for 2008.*