



VICTORIA UNIVERSITY OF
WELLINGTON
TE HERENGA WAKA

NEW IN 2024

KORI TINANA ME TE HAUORA

Image: Sport New Zealand

MASTER OF PHYSICAL ACTIVITY AND HAUORA

Take your career in active recreation, play, physical activity, or sport for development to the next level

Developed in close consultation with Sport New Zealand Ihi Aotearoa, this programme is designed for physical activity and health practitioners looking to develop advanced knowledge and skills in physical activity promotion and mātauranga Māori, or those looking for a solid foundation to move into a career in the physical activity sector. The teaching and learning objectives for this programme are aligned with the Ngā Kaiakatanga Hauora (Health Promotion) competencies.

FOUR SPECIALISATIONS AVAILABLE

- ▶ Ngā Mahi Tākaro / Play
- ▶ Ngā Mahi a te Rēhia / Active Recreation
- ▶ Te Kori Tinana me te Hauora ā Hāpori / Physical Activity and Public Health
- ▶ Ngā Hākinakina mō te Whakawhanake / Sport for Development

ENTRY REQUIREMENTS

- ▶ A Bachelor's degree with at least a B average
- ▶ Acceptance from the programme director(s) as capable of proceeding with the proposed programme of study

If you do not have an undergraduate degree but have extensive practical or professional experience, or do not have at least a B average, get in touch with us to discuss your options for pursuing the programme.

**CAPITAL THINKING.
GLOBALLY MINDED.**
MAI I TE IHO KI TE PAE

POSTGRADUATE CERTIFICATE OF PHYSICAL ACTIVITY AND HAUORA

60 points

3 courses

PAAH 501 Ngā Take o te Whakatairanga Kori Tinana—Emerging Issues in Physical Activity Promotion

PAAH 502 Kori Tinana me te Taiao—Physical Activity and the Environment

AREC 501 Te Whakatairanga i Ngā Mahi a Rēhia—Promoting Active Recreation **OR**

PLAY 501 Whakatairanga i ngā Mahi Tākaro—Promoting Active Play **OR**

SPOR 501 Whakatairanga i ngā Hākinakina—Promoting Sport for Development **OR**

PAAH 503 Ngā Huarahi Auaha ki te Whakatairanga Kori Tinana—Innovative Approaches to Physical Activity Promotion

POSTGRADUATE DIPLOMA OF PHYSICAL ACTIVITY AND HAUORA

120 points

6 courses

PAAH 501 Ngā Take o te Whakatairanga Kori Tinana—Emerging Issues in Physical Activity Promotion

PAAH 502 Kori Tinana me te Taiao—Physical Activity and the Environment

HLWB 525 Health Promotion Theory and Practice

HLWB 526 Emerging Issues of Health Promotion

HLTH 521 Research Methods **OR**

HLTH 528 Evaluation for Health

AREC 501 Te Whakatairanga i Ngā Mahi a Rēhia—Promoting Active Recreation **OR**

PLAY 501 Whakatairanga i ngā Mahi Tākaro—Promoting Active Play **OR**

SPOR 501 Whakatairanga i ngā Hākinakina—Promoting Sport for Development **OR**

PAAH 503 Ngā Huarahi Auaha ki te Whakatairanga Kori Tinana—Innovative Approaches to Physical Activity Promotion

MASTER OF PHYSICAL ACTIVITY AND HAUORA

180 points

7 courses

PAAH 501 Ngā Take o te Whakatairanga Kori Tinana—Emerging Issues in Physical Activity Promotion

PAAH 502 Kori Tinana me te Taiao—Physical Activity and the Environment

HLWB 525 Health Promotion Theory and Practice

HLWB 526 Emerging Issues of Health Promotion

HLTH 521 Research Methods **OR**

HLTH 528 Evaluation for Health

AREC 501 Te Whakatairanga i Ngā Mahi a Rēhia—Promoting Active Recreation **OR**

PLAY 501 Whakatairanga i ngā Mahi Tākaro—Promoting Active Play **OR**

SPOR 501 Whakatairanga i ngā Hākinakina—Promoting Sport for Development **OR**

PAAH 503 Ngā Huarahi Auaha ki te Whakatairanga Kori Tinana—Innovative Approaches to Physical Activity Promotion

AREC 513 / PAAH 513 / PLAY 513 / SPOR 513 Kaupapa Rangahau—Research Project

EMPLOYER SUPPORT

The Master of Physical Activity and Hauora programme is designed to lift capability in the physical activity promotion sector. You might consider sponsoring your employee to complete one of our qualifications.

Why sponsor your employee?

- ▶ **Specialist skills:** This programme will focus on physical activity promotion knowledge in an Aotearoa New Zealand context, giving your employee fit-for-purpose skills.
- ▶ **Four specialisations:** Our four specialisations allow your employee to build a qualification that meets the future needs of your organisation.
- ▶ **Mātauranga Māori knowledge:** Bring your organisation up to speed with mātauranga Māori approaches to physical activity promotion.
- ▶ **Aligned with sector:** Teaching and learning objectives are aligned with the Ngā Kaiakatanga Hauora (Health Promotion) competencies and the programme is developed in close consultation with Sport New Zealand Ihi Aotearoa, a kaitiaki (guardian) of the play, active recreation, and sport sector in Aotearoa.
- ▶ **Networking:** This programme gives your employee the opportunity to build relationships across the physical activity sector.
- ▶ **Flexible format:** Courses are delivered in block format[†] to allow your employee to work around their study.
- ▶ **Real-time application:** Completing postgraduate study while working transforms your employee's thinking and decision-making ability and allows them to apply these skills in real time in your organisation.
- ▶ **Micro-credentials:** If a full degree is not what you and your employee are looking for, talk to us about the possibility of obtaining a micro-credential through taking selected courses.

[†]See back page for details on how teaching is delivered.

Sponsorship options

We suggest the following options to sponsor your employee.

Work time: Some candidates may choose to study part time and remain in full-time employment, requiring time off to complete their studies. You may wish to negotiate agreed study days, unpaid leave, holidays, and time in lieu with your employee.

Financial support: Financial support could include full funding, matched funding, percentage splits, reduced hours, salary sacrifice, staged tuition reimbursement, or bonus payments. You may also want to specify a contractual obligation for your employee to stay with the organisation for a set number of years after completing their qualification.





Image: Sport New Zealand

TIME COMMITMENT AND COSTS

	POSTGRADUATE CERTIFICATE OF PHYSICAL ACTIVITY AND HAUORA	POSTGRADUATE DIPLOMA OF PHYSICAL ACTIVITY AND HAUORA	MASTER OF PHYSICAL ACTIVITY AND HAUORA
Estimated time commitment	2 trimesters of full-time study or 4+ trimesters of part-time study	2 trimesters of full-time study or 4+ trimesters of part-time study	3 trimesters of full-time study or 4+ trimesters of part-time study
	6 two- to three-day workshops	6 two- to three-day workshops	6 to 8 two- to three-day workshops
	Approximately 120 study hours per course (roughly 10 hours per week if studying part time).		
Estimated costs (domestic students)	\$5,500	\$10,500	\$16,000

TEACHING TEAM

- ▶ Associate Professor Justin Richards
- ▶ Associate Professor Geoff Kira
- ▶ Dr Lara Andrews
- ▶ Adjunct research fellow Oliver Wilson
- ▶ Adjunct Professor Adrian Bauman
- ▶ Industry experts

CONTACT US

For more information about this programme, contact our Student Success team.

📞 0800 04 04 04

✉️ info@vuw.ac.nz

🌐 www.wgtn.ac.nz/te-hau-kori

