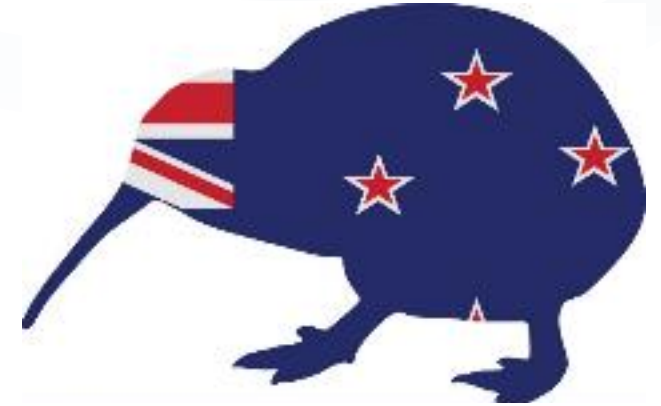


# COLLEGE OF HEALTH

ASSOCIATE PROFESSOR AJMOL ALI  
ASSOCIATE DEAN, INTERNATIONAL



## **Associate Professor, School of Sport, Exercise and Nutrition, Massey University (NZ)**

Adjunct Associate Professor, Department of Sports Science and Physical Education,  
The Chinese University of Hong Kong (Hong Kong)

Honorary Senior Lecturer, School of Sport, Rehabilitation and Exercise, University of Essex (UK)

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[www.ajmolali.com](http://www.ajmolali.com)

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<https://www.massey.ac.nz/massey/learning/colleges/college-of-health/school-of-sport-and-exercise/facilities/centre-for-metabolic-health-research/centre-for-metabolic-health-research.cfm>

## College of Health, *Te Kura Hauora Tangata*



Optimal health and wellbeing are the outcome of multiple factors encompassing individual differences, diversity, social determinants and environmental interactions

## College of Health, *Te Kura Hauora Tangata*

**School of  
Health Sciences**

**School of  
Social Work**

**School of  
Nursing**

**School of  
Sport, Exercise  
and Nutrition**

**Ergonomics,  
Occupational  
Safety and  
Health**

**Māori Health  
and  
Development**

**Public Health  
Research**

**Sleep / Wake  
Research  
Centre**

**SHORE and  
Whariki**

***Centre for  
Metabolic  
Health  
Research***

## School of Sport, Exercise and Nutrition



- Sport and Exercise
- Exercise Science
- Human Nutrition
- Dietetics
- Top 150 sport science departments (Shanghai Rankings)
- NZ Ranked #2 Sport Sciences
- NZ Ranked #1 Other Health
- NZ Registered Dietitians– MSc Nutrition & Dietetics

## School of Social Work



- Social Work
- Social Policy
- Social Service Supervision
- NZ Social Workers Registration
- International Association of Social Workers (IASSW)
- Asia Pacific Association for Social Work (APASWE)

## School of Nursing



- Longest-running nursing programme in NZ
- Centre for Nursing Research
- Extensive Postgraduate programme
- Nursing Council of NZ registration

# Who are our graduates?

## Future health leaders in areas of:

Applied social research

Lifestyle factors (sleep, sport and exercise, nutrition)

Health system strengthening including workforce development

Understanding mechanisms of health and disease

Environmental health and public health policy

## Massey graduates work in following disciplines:

Dietetics

Nutrition

Environmental Health

Occupational Health and Safety

Exercise Science

Teaching and Coaching

Rehabilitation

Health Promotion

Social Work

Nursing

Sport Development and Sport Management

## Degree options for international students

- Bachelor of Sport and Exercise:
  - Exercise Prescription *major*
  - Physical Education *major*
  - Sport Development *major*
- Bachelor of Science
  - Exercise Science *major*
- Bachelor of Nursing
- Bachelor of Social Work
- Master of Applied Social Work
- PhD

# Bachelor of Sport and Exercise (BSpEx)

February and July intake; 3 years

- Promote lifelong physical activity through **physical education**
- **Prescribe exercise** and physical activity for all populations
- Promote, **develop and manage sport** and physical activity at all levels
- Can be completed internally in Palmerston North or by distance
- All students gain real world experience through the Sport & Exercise Practicum in Year 3

# Major: Exercise Prescription

- Ideal for students who wish to pursue a career in health, wellbeing and performance enhancement
  - Personal training/fitness instructors
  - Team trainers
  - Injury & disease rehabilitation
  - Health & fitness advocacy
  - Primary Health Organisations



# Major: Exercise Prescription

- Students complete courses focusing on topics such as:
  - Fitness assessment and exercise prescription for athletic, general and special population
  - Sport nutrition
  - Motor learning/skill acquisition
  - Anatomy and physiology
  - Sport science



# Major: Physical Education

- Ideal for students who wish to pursue a career in:
  - Teaching physical education in secondary (or primary) school environments
  - Working as a school or community sports coordinator



# Major: Physical Education

- Students complete courses focusing on topics such as:
  - Learning to teach and instruct sport, physical education and related areas of physical activity (sport pedagogy)
  - Motor learning/skill acquisition
  - Coaching
  - Sport science
  - Hauora (Māori perspectives of health & wellbeing)
- **Students complete electives in a second teaching subject. Students may go on to do a one year primary or secondary teaching qualification.**

# **Major: Sport Development**

- Available in Palmerston North or Distance
- Ideal for students who are interested in the initiation, promotion, support and management of physical activity and sport at the volunteer, regional and national organisational levels – from grassroots to the elite level.
  - Sport coordinators
  - Sport event organisers
  - Sport facility management
  - Sport coaching
  - Roles within National and Regional Sports Organisations

# Major: Sport Development

- Students complete courses focusing on topics such as:
  - Event and Facility Management
  - Sport Business
  - Sport Pedagogy
  - Coaching
  - Sport and Community Development
  - Sport Psychology
  - Te ao kori (the world of movement) and health promotion

# Why study sport & exercise @Massey?

- Passionate, experienced staff
- Practical programs with a strong theoretical underpinning
- Links to the community and industry
- Small class sizes
- Great student culture
- Palmerston North is a student city
- Cheap living costs





**Human Performance Lab**



**Mobile Lab**



**Teaching Gym**



**Research Labs**

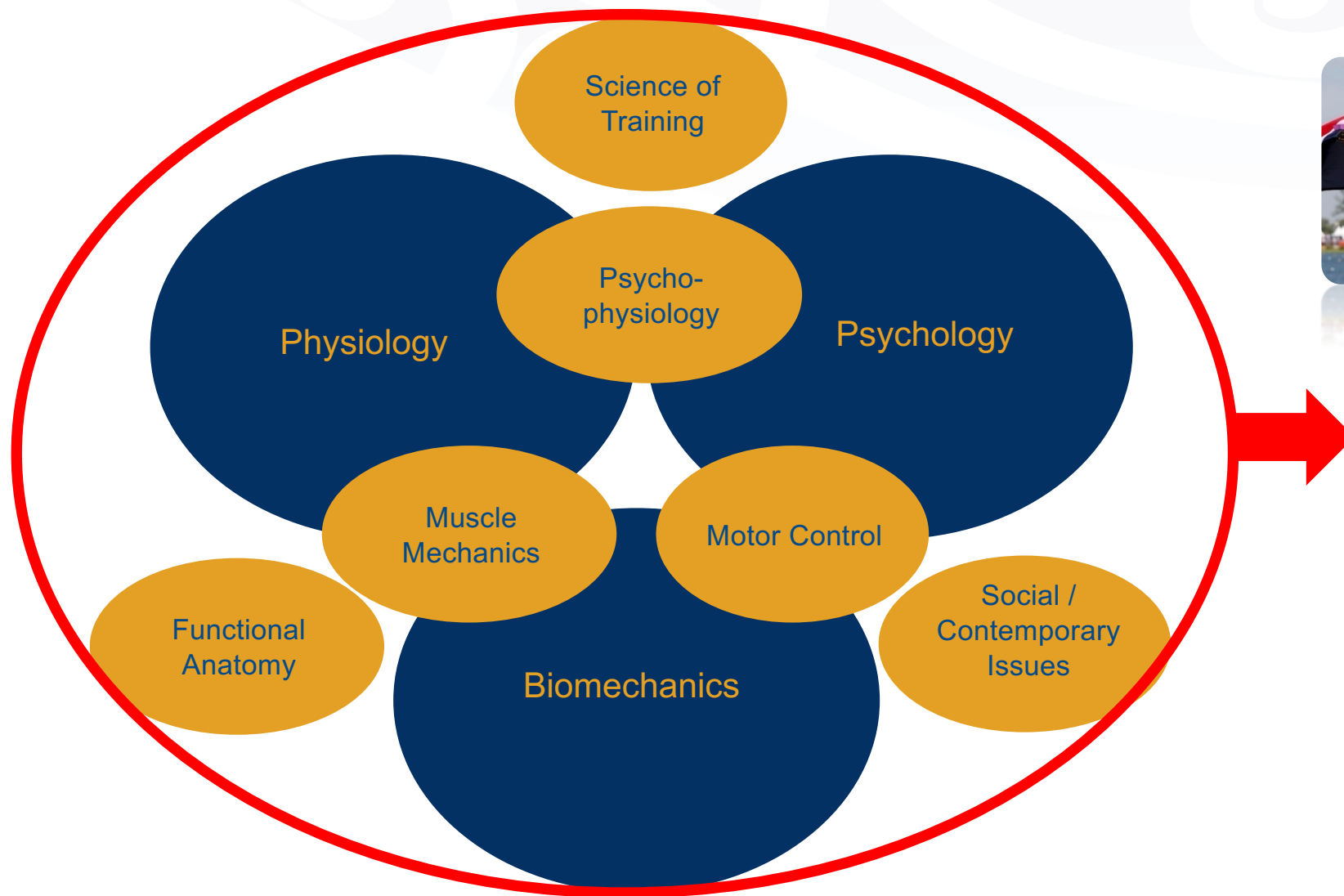
## **Facilities**



**Sport & Rugby Institute**

# BACHELOR OF SCIENCE (EXERCISE SCIENCE)

3 YEARS, FEBRUARY AND JULY INTAKE



**Elite Sport**

**Exercise for Health**



# WHY STUDY EXERCISE SCIENCE AT MASSEY?

Offered at **Auckland Campus** and via Distance

## Major in Exercise Science

- Multi-disciplinary science-based degree
- Strong science application and focus
- Integrate physiology, biomechanics and psychology
- Learn to apply the science of how the human body moves and response to sport and exercise
- Applications for elite athletes → recreational athletes → exercise for health

## Double Major options available:

- Human Nutrition
- Psychology
- Physiology

Intakes: February



## BACHELOR OF SCIENCE

### MAJOR: EXERCISE SCIENCE

- Exercise and Sport Scientists

- Understand how the body moves and functions in **sport and everyday activities**
- **Prescribe exercise** for health and sport performance
- Understand **motivation** for exercise behaviours and health
- Research into **improving health** and sporting performance
- Support exercise rehabilitation
- Understand how **nutrition** may affect health and performance



- Jobs areas for recent Graduates:

- **Exercise scientist** in sport (elite and amateur)
- **Health education** and promotion
- Secondary school **teaching**
- **Sport development** and promotion (business sector)
- **Occupational health** and safety sector
- Exercise and **health prescription**

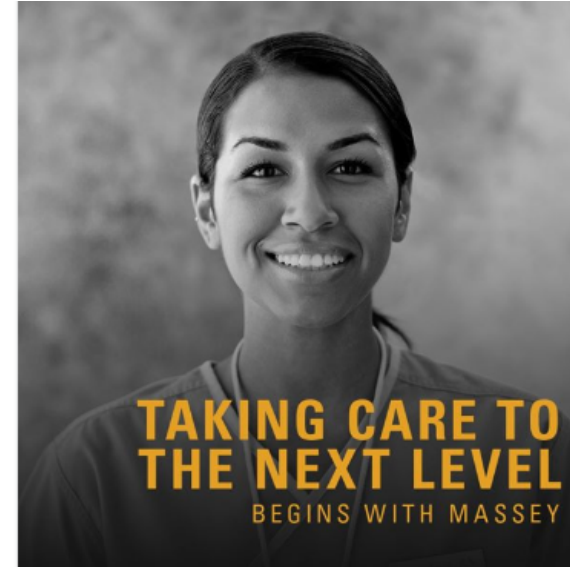
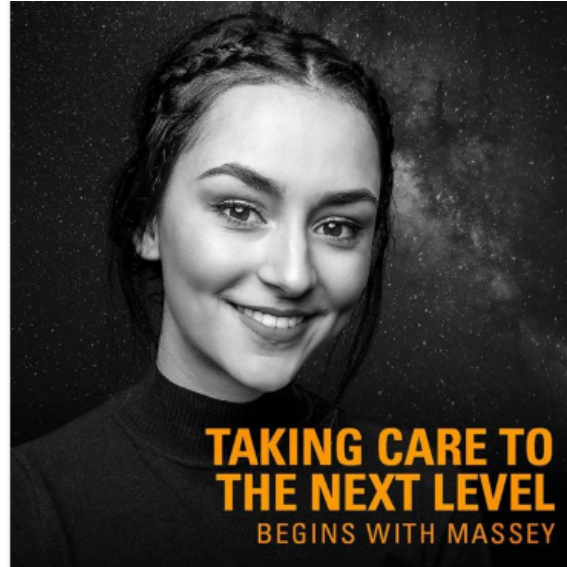
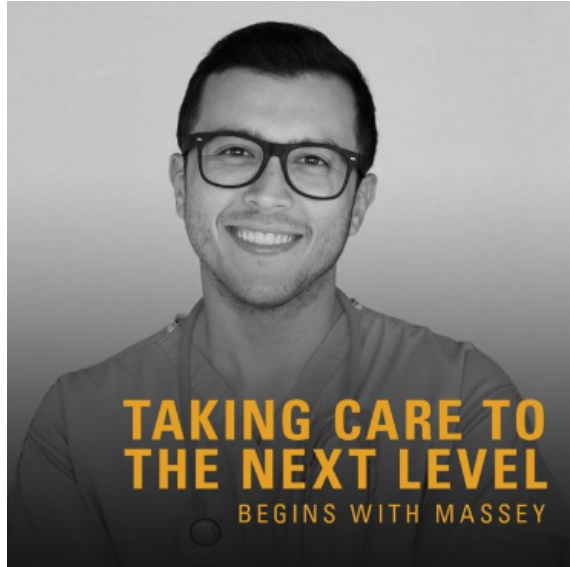
**Sasa Wu**

BSc Exercise  
Science



My experience at **Massey** has given me more **confidence about my future** and when I complete my study, I hope to **find a job in New Zealand**. In my opinion, there is not as much pressure here on the students as there is in Shanghai and I have found **more fun** during the study which give me the **power to study** more. It is a beautiful country and I have enjoyed incredible activities such as bungee jumping, skiing and even a mud bath in Rotorua!

我在梅西大学的经历使我对自己的未来有了更多的信心，当我毕业后，我希望能先在新西兰试着寻找工作。个人觉得相比上海，这里的学生所承受的压力不会那么巨大，这里的学习过程给了我更大的动力和兴趣去探索更多知识。这是一个美丽的国家，我很喜欢这里令人难忘的活动，比如蹦极，滑雪还有罗托鲁瓦的泥巴浴！



# STUDYING NURSING

# BACHELOR OF NURSING

3 year degree (Feb intake only)

Available on three campuses, Auckland, Palmerston North and Wellington

Work ready Registered Nurse

All the theoretical and 1100 practical hours required by the Nursing Council of New Zealand to register and work as Registered Nurse in New Zealand



# LEARN THROUGH SIMULATION

To prepare undergraduate students for clinical practice, we have nursing simulation suites on ALL campuses

Students learn and practice nursing skills through role-play, case-studies and simulations using manikins.



## Selective programme requirement

- **IELTS 6.5** in all bands (must be sat in the past 3 months)
- **CV**
- A personal supporting statement of about 300 words explaining why you chose the nursing programme and why you feel you would make a good nurse. List any personal characteristics you have that demonstrate your suitability.
- **Two referees** - A referee should be someone who has known you for one year or more in the capacity of employer, educator, work colleague or person of community standing, e.g. JP, Minister or similar. Your referee should not be a friend, flatmate, relative or someone who has not known you for at least a year. The information your referee supplies is confidential to those involved in the selection process.
- **Police Clearance & Health Screening**
- **First Aid Certificate** can be completed after the start of the programme



# WORLD CLASS NURSING LECTURERS

Recognised for **research excellence** within New Zealand (NZ PBRF Rankings 2018)



“Massey is one of the best universities in New Zealand. I could not have missed the opportunity to gain professional education from such a well-established, well-renowned university that was in close proximity to me. Also, Massey has some of the best tutors, professors and academia that form a complete educational package that a student can ever dream of.”

Inderpreet Kaur  
*Master of Nursing*

## WHAT IS SOCIAL WORK?

### International Federation of Social Work Global definition - A practice-based profession and an academic discipline

- Promotes social change and development, social cohesion, and the empowerment and liberation of people
- Principles of social justice, human rights, collective responsibility and respect for diversity
- Underpinned by social work theory, theories from other disciplines and indigenous theories and knowledge
- Social work engages people and structures to address life challenges and enhance wellbeing



## WHERE DO WE WORK?

Social work and social policy graduates work across all age groups and in many different areas, in non-government or statutory organisations. Our scope of practice is growing!

- Health, Hospitals, mental health and addictions and primary care
- Schools and tertiary education
- Indigenous health and social services groups
- Non-government, not for profit groups such a Women's Refuge, faith based services
- Child protection and youth justice
- Justice and prisons Government and non-government
- Policy analyst and advisory roles
- Supervisors and managers



# SOCIAL WORK@ MASSEY

- Longest running social work programme in New Zealand (40+ years)
- **Bachelor of Social Work**
  - 4 years
  - Palmerston North or Auckland
  - Feb and July intake
  - Two field placements
- **Master of Applied Social Work**
  - 2 years
  - Auckland only
  - Full-time or part-time



## IF YOU ARE INTERESTED IN SOCIAL WORK

### We are a selected entry programme



Have a look at the website and apply online. You need to provide:

- **An application form**
- **Curriculum Vitae**
- A short essay explaining why you wish to enter the social work programme
- **Two character references**
- Consent for New Zealand or other jurisdictions **police check & identity**
- Disclose any convictions or 'fit and proper' concerns
- **IELTS requirements 6.5** across all bands or TOEFL internet based score of 85 or higher with a writing score of 22

## KAYSHA WHAKARAU

# Care and protection social worker



“Social work is challenging and every day I am learning and adding to my kete. My aim is to continue to inspire and encourage all whānau to thrive and succeed to better not just their own wellbeing but those around them as well”

Kaysha Whakarau

Ngāti Raukawa raua ko Ngāti Ruanui

**Bachelor of Social Work**

Care and Protection Social Worker, Ministry for Children Oranga Tamariki

# COMING TO INTERNATIONAL IN 2022

## Post Graduate Diploma in Social Service Supervision

- For professional and clinical supervisors with a relevant Bachelor's degree e.g. social work, nursing, psychology, ministry, youth work etc.
- A good fit if you are currently supervising practitioners or students.
- Develop and define your own personal model of supervision relevant to the practice context you work in.

## Master of Social Work

- For already qualified social workers who wish to take advanced study in specific social and community work practice
- For social workers who want to complete practice-based social work research.

## PhD @ Massey

- Bachelor honours degree or Masters degree with 1st or 2nd class (division 1) honours in a relevant field. The qualification must also include a substantive research project, dissertation or thesis with a minimum grade of B+
- International qualifications will be assessed for the equivalence to a Massey Honours or Masters' degrees and this is termed the Grade Point Equivalency. Typically, this should be 75% or B+
- English Language Requirements: An overall Academic IELTS of 6.5 with no band less than 6.0, or equivalent
- Good academic references
- International students pay domestic fees
- PhD Scholarships available



### **Mohd Rahimi Che Jusoh Graduate Profile**

I decided to complete my PhD in Sport and Exercise at Massey because of the university's strong reputation. Massey provided the perfect study environment for me as an international student and I really enjoyed being a part of an inspiring and hard working research team. The facilities provided by Massey were great, especially the research laboratory.

The four amazing years I lived in New Zealand were the best experience of my life. I loved the time I spent in Palmerston North with my family, surrounded with friendly Kiwi people.

I am currently a lecturer at Universiti Sains Malaysia. The research skills I acquired during my study gave me the real-world experience I needed to prepare for my role and I find it very rewarding transferring my knowledge to my students.



**“** *Massey University provides an excellent platform for international students – all one needs to do is knock on the door and open it to a supportive academic environment!* **”**

**Akisi N Ravono**

*Doctor of Philosophy in Nursing*

# QUESTIONS?

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