

Ara Hauora

# Health

STUDY OPTIONS 2023

If you're interested in the health and wellbeing of others and you're empathetic by nature, your perfect study option could be right here.

Millie  
Ara graduate



Te Pūkenga

# Health Sector



When you choose to study a health-related subject at Ara, you'll learn in a supportive environment and be among the most sought-after health graduates in the country. During your course you'll form strong relationships with your tutors, who are each registered and currently in practice. Hands-on learning is our focus and this is supported by excellent facilities (such as clinical practice units, scrub bays, laboratories, SIM pads, mock home environments and programmable mannequins) and extensive work placement opportunities.

**Potential careers:** Enrolled nurse, registered nurse, midwife, radiographer, pregnancy and childbirth educator, osteopath.

QUALIFICATION	LEVEL	FULL-TIME	PART-TIME	LOCATION	STARTS	
New Zealand Certificate in Study and Career Preparation	3	6 months	✓	Chch/Tim	Feb	
New Zealand Certificate in Study and Career Preparation	4			Chch/Tim/Online	Feb/Jul	
New Zealand Diploma in Enrolled Nursing	5	1.5 years	✗	Chch - with satellites in Nelson, West Coast and South Canterbury	Mar	
New Zealand Diploma in Pregnancy, Childbirth and Early Parenting Education		✗	✓	Online	Feb	
Competency Assessment Programme - Enrolled Nurse		9 weeks	✗	Chch/Tim	Jan/Mar/ May/Jul/ Oct/Nov	
Competency Assessment Programme - Registered Nurse	7	3 years	✓	Christchurch	Feb/Jul	
Bachelor of Applied Science (with specialisation in: Health Promotion)				Chch/Tim*		
Bachelor of Nursing	7-9	2 years	✗	Christchurch	Feb	
Bachelor of Nursing with University of Canterbury Master of Health Sciences Professional Practice (Nursing)				Chch**		
Bachelor of Medical Imaging				Chch - with satellites in Nelson, Marlborough, West Coast and Mid/South Canterbury	Jan	
Bachelor of Midwifery	7	3 years	✓	Christchurch	Feb	
Bachelor of Musculoskeletal Health					Various	
Graduate Certificate in Nursing					Feb/Aug	
Graduate Diploma in Nursing	1 year	✗	Christchurch	Feb		
Postgraduate Certificate in Professional Supervision	✗					
Postgraduate Certificate in Health Practice	6 months			Online^	Jan/Jul	
Postgraduate Diploma in Health Practice	8	1 year	✓	Christchurch	Feb	
Postgraduate Diploma in Osteopathy						
Master of Health Practice	9	2 years	✗	Christchurch	Feb/Jul	
Master of Health Science		2.5 years				Online^
Master of Nursing						
Master of Sustainable Practice		1.5 years				

\*February intake only - Timaru

\*\*Note: clinical placements are across New Zealand

^Some courses have a compulsory onsite component of 1-4 days

# Human Services



Human services is a field which offers rewarding careers for individuals who are able to support the emotional needs of others. At Ara you'll be taught by a dedicated team of qualified professionals with extensive experience across a broad range of social work environments. Our qualifications are highly respected in the community, and include opportunities to gain real-world experience working with people who need specialised attention.

**Potential careers:** Community support worker, mental health and addiction support worker, social worker, youth worker.

QUALIFICATION	LEVEL	FULL-TIME	PART-TIME	LOCATION	STARTS
New Zealand Certificate in Study and Career Preparation	3	6 months	✓	Christchurch	Feb/Jul
New Zealand Certificate in Study and Career Preparation	4				
New Zealand Certificate in Health and Wellbeing (with specialisations in Community Facilitation, Mental Health and Addiction Support and Social Services)	4	1 year		Chch/Tim	
Principles of Family Violence Intervention Micro-credential G21189	7	12 weeks		Online*	
Bachelor of Social Work	7	4 years		Christchurch	Feb
Postgraduate Certificate in Professional Supervision	8	6 months		Christchurch	Feb

\*Online with two on-site days

# Sport, Nutrition & Health Promotion



The rapidly expanding areas of sports science, nutrition and health promotion offer a wide range of exciting career opportunities. At Ara, you'll learn from experienced professionals in modern learning spaces with state-of-the-art equipment. Depending on the level of your qualification, you may also have the opportunity to undertake a significant industry project or work placement.

**Potential careers:** Sports scientist, nutritionist, health promoter, sports coach, strength and conditioning coach, fitness instructor, personal trainer, corporate health consultant.

QUALIFICATION	LEVEL	FULL-TIME	PART-TIME	LOCATION	STARTS
New Zealand Certificate in Study and Career Preparation	4	6 months	✓	Chch/Tim/Online	Feb/Jul
New Zealand Certificate in Exercise				Christchurch	
Bachelor of Applied Science (with specialisations in: Health Promotion; Sport and Exercise Science; and Human Nutrition)	7	3 years		Christchurch	

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## Locations & contact details

**Website** [ara.ac.nz](http://ara.ac.nz)

**Email** [info@ara.ac.nz](mailto:info@ara.ac.nz)

**Phone** 0800 24 24 76 (Mon-Thu, 8am-5pm | Fri, 9am-4.30pm)

### City campus

Madras St, Christchurch

Admission & Enrolments, Rakaia Centre, Madras Street

Mon-Thu, 8am-5pm | Fri, 9am-4.30pm

### Manawa campus

276 Antigua Street, Christchurch

Mon-Fri, 8.30am-4.30pm

### Woolston campus

Ensors Road, Christchurch

Mon-Thu, 8am-5pm | Fri, 9am-4.30pm

### Timaru campus

32 Arthur Street, Timaru

Mon-Thu, 8am-5pm | Fri 8am-4.30pm

### Ashburton campus

37 Alford Forest Road, Ashburton

Mon-Fri, 8am-4.30pm

### Oamaru campus

44 Humber Street, Oamaru

Mon-Fri, 9am-3pm

### City Ara Connect

City campus, Madras Street, Christchurch

### Papanui Ara Connect

Papanui High School, 30 Langdons Road, Christchurch

### Rangiora Ara Connect

Rangiora High School, 125 East Belt, Rangiora

### Timaru Ara Connect

Timaru campus, 32 Arthur Street, Timaru

### Woolston Ara Connect

Woolston campus, Ensors Road, Christchurch



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## How to apply

### Applying online

If you know which course you want to study, go to that course's page on our website and look for the 'Apply Now' button. This will open a form specifically for that course. You can save as you go and return to it later. When you finish, simply click 'Submit' and we'll start processing your application.

### Applying using a hard copy application form

Printed application forms are available at all Ara campuses.

Alternatively, you can download a PDF to print at [ara.ac.nz/study-options/how-to-apply](http://ara.ac.nz/study-options/how-to-apply). Once you've completed your application form, drop it in to your nearest Ara campus, or mail it to:

Ara Enrolment Centre

PO Box 540

Christchurch Mail Centre

Christchurch 8140

New Zealand

If you have any questions about the application process, call us on **0800 24 24 76**

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## Open days

To explore study options, meet tutors and check out our campus facilities, come along to one of our open days, held in January and June each year. See the website for dates, times and locations.

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## Campus tours

A guided campus tour is a great way to see Ara in action and get a feel for what it's like to study with us. To request a tour, go to [ara.ac.nz/book-a-tour](http://ara.ac.nz/book-a-tour).

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## Want to find out more?

For details of all courses, including full entry criteria and how to apply, visit [ara.ac.nz](http://ara.ac.nz)

Get in touch if you have any questions: **0800 24 24 76 | [info@ara.ac.nz](mailto:info@ara.ac.nz)**