

Health and Science

Hauora me
te Pūtaiao



Animal Science

Establish yourself as an animal care professional.

If you have a compassionate attitude and you can relate to people who love animals, you'll thrive studying one of our animal-related courses. You'll gain extensive practical experience thanks to our excellent facilities on campus and the relationships our tutors have within the industry.




Scan to learn more about our Animal Science courses

New Zealand Certificate in Animal Management (Companion Animal)

 Level 4

 Christchurch

 Full-time: one year

 February

Combine your passion for animals with the skills and knowledge required to care for them professionally.

This is the perfect first step into a career working with companion animals. You'll learn about a range of domestic companion animals, their health and welfare and how to manage and care for them on a day-to-day basis. This will include animal anatomy and physiology, occupational health and safety, low-stress handling of animals, animal behaviour and health, animal first aid, record keeping, legislation and housing design.


More advanced topics include nutrition, infection control, care during illness/injury, safe use of medications, behavioural training and enrichment. You'll also undertake 120 hours of work-integrated learning in two different facilities over the year.



New Zealand Diploma in Veterinary Nursing

 Level 6

 Christchurch

 Full-time: two years

 February

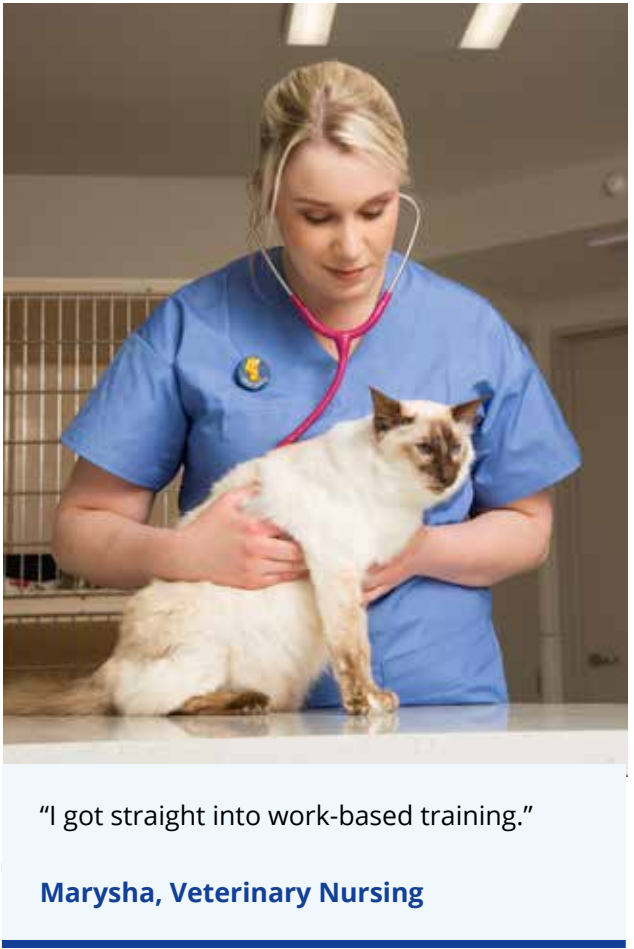
Become skilled in a rapidly changing profession and enjoy a rewarding career working with animals and their owners.

This new, two-year, full-time programme will equip you with the technical knowledge and skills to work as a veterinary nurse in a clinical veterinary setting.

You'll learn through a mix of small group tutorials, full class discussions and clinical workshops. Work Integrated Learning (WIL) is a significant component of the programme. You'll be required to source your own work placements in high-quality veterinary practices that are willing to support your studies. We strongly recommend you aim to work in at least two clinics to broaden your skills.

At the completion of the programme, you'll have a high level of responsibility and discretion within your scope of practice, in a wide range of dynamic and often unpredictable situations and following protocols in all aspects of clinical veterinary practice or animal healthcare settings.

With this qualification, you may be eligible to apply for registration with the Allied Veterinary Professional Regulatory Council of New Zealand.



"I got straight into work-based training."

Marysha, Veterinary Nursing

Visit ara.ac.nz for all entry requirements and fee information.

Health Promotion, Nutrition & Exercise

Get the expertise to champion and inspire healthy lifestyles.

The rapidly expanding areas of exercise, 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.



Scan to learn more about our Health Promotion, Nutrition & Exercise courses

New Zealand Certificate in Exercise



Level 4



Christchurch



Full-time: six months
Part-time: up to three years



February, July

Turn your passion for sport and exercise into a career in the fitness industry.

Designed as a practical pathway into the fitness industry, this programme will equip you with the practical skills and theoretical knowledge required to be successful, and will qualify you to register as a personal trainer.

You'll learn about exercise physiology, fitness assessment, nutrition, anatomy and physiology, exercise prescription, performance training, business management, and professional practice.



Bachelor of Applied Science



Level 7



Christchurch



Full-time: three years
Part-time: up to six years



February, July

Equip yourself for a career in health promotion, nutrition or sport and exercise science.

The Bachelor of Applied Science is available in three specialisations. Each will lead to a wide range of career opportunities. To best equip you for your future career, the degree provides many opportunities to get real-world experience and applied learning.

Health Promotion

Health promoters support the enhancement of health and the reduction of inequities in the community. With this specialisation you'll gain the skills and knowledge needed to support the holistic health of individuals, communities and populations, empowering them to make healthier choices.

Human Nutrition

Nutrition is a science with real-life applications, providing a range of transferable skills and leading to a variety of careers. This specialisation will enable you to become a Registered Nutritionist who can make a difference in the lives of individuals and communities by empowering people to make nutritious food choices.

Sport and Exercise Science

This specialisation will equip you with the practical skills, work experience, knowledge and expertise needed for employment in the areas of strength and conditioning, performance analysis, exercise prescription, coaching and sports coordination/development. Through our extensive industry network, you'll also gain hands-on experience working alongside industry experts, many of whom are Ara graduates.



"I really thrived off the smaller classes and the one-to-one communication with tutors. It was a more personal approach."

Rosa, Human Nutrition

Rosa is a co-founder of Two Raw Sisters

Visit ara.ac.nz for all entry requirements and fee information.

Human Services/Social Services

Help individuals, families and communities through challenging times.

Human services is a field which offers rewarding careers for individuals who can 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 sector and include opportunities to gain real-world experience working with people who need specialised attention.



Scan to learn more about our Human Services and Social Services courses

New Zealand Certificate in Health and Wellbeing



Level 4



Christchurch, Timaru



Full-time: one year
Part-time: up to four years



February, July

Learn how to support individuals, families and communities through difficult times.

This flexible programme (with classes held at school-friendly times) is available in three specialisations. The Mental Health and Addiction Support option will give you the skills required to support individuals to recover and build resilience, while the Social Services option will equip you in the areas of family violence support and prevention, social justice advocacy, community development and refugee support. The Community Facilitation option will give you the skills needed to assist individuals, families and community groups in the areas of disability support, diversional therapy, employment, housing and budget support. Each specialisation includes a 200-hour work placement with an organisation suited to your area of interest.



Bachelor of Social Work



Level 7



Christchurch



Full-time: four years
Part-time: up to 10 years



February

Support individuals and families facing challenging situations by becoming a skilled social work practitioner.

This four-year degree will equip you to empower individuals, whānau and communities to address life challenges and enhance their wellbeing through personal growth, accessing resources, or social change and development in accordance with the principles of te Tiriti o Waitangi. It's underpinned by the principles of social justice, human rights, collective responsibility and respect for diversity.


Your studies will include a mix of interactive lectures, collaborative learning, scenario-based learning, industry and community projects, group critiques, guest speakers, investigative field trips, self-directed/online learning, role play, wānanga and research projects, among other delivery methods.

Practical and work-integrated activities will provide opportunities to apply your learning in a supported environment, either real or simulated. You'll undertake two field education placements totalling 120 days of supervised social work practice.

Principles of Family Violence Intervention Micro-credential

 Level 7

 Online*

 Part-time: 12 weeks

 March, August

Enhance your professional capabilities with knowledge and skills in an important area of social practice.

If you're working in health, social work or related fields, this micro-credential provides an excellent opportunity for professional development.


Areas covered include: the nature and prevalence of family violence including mediating factors; the context of family violence (historical influences and current issues); responses and intervention strategies; quality and effectiveness of intervention practice; applying theory to practice settings; social sustainability; and assessment of vulnerability. A whānau-centric approach is also central, and explores connecting Māori aspirations to whānau safety, supporting and empowering whānau, and kaupapa-centric response strategies.


The knowledge and skills you'll gain will enable you to undertake a reliable and fair-minded assessment of service-related safety needs in family violence case scenarios.

**Most of your study will be online, but you'll also attend two, full-day, on-site wānanga.*

Postgraduate Certificate in Professional Supervision

 Level 8

 Online*

 Part-time: up to two years

 February

Gain the expertise needed to supervise others effectively in professional contexts.

Professional supervision is critical in managing and ensuring continuous improvement in service delivery and employee effectiveness and satisfaction. Recognition of the value of this expertise is growing across an increasing range of disciplines.

Created for professionals working in health, social services, education, justice, corrections, chaplaincy and related sectors, this programme uses a blended delivery method. It's delivered in two, 30-credit courses designed to be studied sequentially. In the first course (Foundations of Supervision) you'll examine the theoretical underpinnings and models for the application of skills in supervisory practice. In the second course (Developing Supervision Practice) you'll apply the theoretical knowledge and supervision skills to your own supervisory practice.

**Most of your study will be online but you'll also attend three, two-day on-site wānanga (in Christchurch) in Semester 1, and two, wānanga in Semester 2.*



Visit ara.ac.nz for all entry requirements and fee information.

Laboratory Technology

Forge a career at the cutting edge of laboratory science.

The science industry is constantly developing and expanding, resulting in a wide range of exciting career opportunities in areas such as environmental monitoring, food technology, human health, veterinary diagnostics, product development and research.

At Ara you'll learn from expert tutors with extensive industry and research experience. Our applied science qualifications are practical and designed in collaboration with employers to meet industry needs. You'll acquire the knowledge and skills required for hands-on laboratory roles and graduate with the competence and confidence to be effective in the workplace from day one.



Scan to learn more about our
Laboratory Technology courses



and recommend solutions. The course covers science, information literacy, quality management and essential soft skills such as teamwork, communication and ethics. You'll also undertake at least 100 hours of relevant work-integrated learning (such as work experience, project work, simulations and activities that develop professional and reflective practice).

New Zealand Diploma in Applied Science (Level 5)



Level 5



Christchurch



Full-time: one year
Part-time: up to three years



February, July

Meet the needs of an ever-expanding commercial science sector.

This programme will equip you with skills required by the commercial science sector, which encompasses increasingly automated food production, laboratories, manufacturing and environmental management businesses.

Course content is made up of a mix of practical laboratory skills that you'll use every day, and theory relating directly to the modern STEM (science, technology, engineering, maths) workplace. You'll learn how to collect, process, evaluate and report scientific data in an operational research context, and how to identify common problems with scientific processes

New Zealand Diploma in Applied Science (Level 6)



Level 6



Christchurch



Full-time: one year
Part-time: up to three years



February, July

Gain in-demand skills for a career at the forefront of science.

With a strong industry focus, this programme covers a range of science-related learning. It combine seven mandatory courses in the areas of science, information literacy, quality management and project management, and optional courses that enable you to tailor your programme to your specific area of interest.

You'll gain a sound understanding of the technology used in applied science workplaces and increase your knowledge in chemistry, microbiology and molecular biology in workplace contexts. You'll also learn about legislative compliance needed in complex work situations and how to apply knowledge of ethical, social and culturally responsive behaviour to professional practice.

A work placement of at least 100 hours will enable you to apply your classroom learning in a workplace context and ensure that you graduate work ready, with credible experience.

Graduate Diploma in Laboratory Technology



Level 7



Christchurch



Full-time: one year
Part-time: up to three years



February, July

Expand your science knowledge and skills for a career as a laboratory technician.

Designed in collaboration with New Zealand employers, this programme will provide you with specific knowledge, practical skills and relevant analytical techniques for work as a laboratory technician.

These skills include critical thinking, problem solving and the ability to interpret results. You'll also gain an understanding of laboratory quality management, traceability and accreditation, and gain the skills to work independently and within groups.

The programme also includes a project and 260 hours of work placement to ensure you're work ready when you graduate.



"All the tutors are supportive and friendly."

Nisha, Laboratory Technology

Visit ara.ac.nz for all entry requirements and fee information.



Level



Location



Duration



Starts

Medical Imaging

Prepare for a technology-based career in the health sector.

If you're technically minded, empathetic and solutions focused, medical imaging could be a great career option for you. Medical imaging—also known as radiology—is a non-invasive medical procedure that uses cutting edge technology to capture internal images of the body, enabling doctors to diagnose and treat injuries and diseases.

At Ara you'll learn from expert tutors in our modern Manawa campus within Christchurch's central health precinct. You'll gain extensive real-world experience through clinical placements, and when you graduate, you'll be highly sought after by employers both here and overseas.



Scan to learn more about our Medical Imaging course

Bachelor of Medical Imaging



Level 7



Christchurch



Full-time: three years



January, July

Combine your interest in science and technology with the rewards of working with people in a health setting.

This programme will teach you how to perform radiography using x-rays and other equipment to take images of people's injuries and possible diseases. It will also give you a solid understanding of how CT scanning, magnetic resonance imaging (MRI), ultrasound, nuclear medicine and mammography contribute to patient diagnosis and treatment. You'll also develop the communication skills needed to deal with patients in a compassionate way.

To meet the standards of the profession, the degree combines theory with clinical practice at hospitals and clinics around New Zealand. This combination provides valuable training and assists with the transition from trainee to qualified medical imaging technologist.



Midwifery

Play a key role in supporting families before, during and after the birth of a child.

Midwives provide an essential and very meaningful service to families as they welcome a new child into the world. It's a role that carries significant responsibility, but it comes with many rewards too.

At Ara you'll learn from expert midwifery tutors who are passionate about sharing their skills, knowledge and experience of the profession with you so you can confidently embark on your own career as a midwife.



Scan to learn more about our Midwifery course



Bachelor of Midwifery



Level 7



Christchurch with satellites in Nelson, Marlborough, West Coast and Mid/South Canterbury



Full-time: three years*
Part-time: available



January

Learn how to confidently nurture pregnant women through one of life's most meaningful events.

Midwives work with women to provide care during pregnancy, childbirth and up to the first six weeks of a baby's life.

Recognised by the Midwifery Council of New Zealand, this degree uses blended delivery techniques to enable you to study and work from various South Island locations. All sites are supported by a midwifery lecturer who'll provide individual support, organise face-to-face tutorials, facilitate your online studies and coordinate local practice experience for you in your own region.

The degree is made up of theory and practice undertaken each year and includes compulsory block weeks in Christchurch. Topics covered include midwifery practice skills, nutrition, lactation and bioscience foundations. You'll learn about Māori health, integrated midwifery practice and rural midwifery practice to allow you to adapt to the wide range of needs and circumstances encountered in midwifery. You'll also follow at least 25 women throughout their midwifery care and facilitate 40 births in a variety of maternity settings.

By the time you graduate, you'll possess a good understanding of how to assess the social, psychological, physical, emotional, spiritual and cultural needs of each woman and her family, enabling you to support them through the childbirth experience.

**May be four years (to be confirmed)*

Visit ara.ac.nz for all entry requirements and fee information.

Nursing

Become a nurse and take advantage of the enormous scope that this rewarding profession offers.

Nurses can be found in every part of our hugely diverse health sector – from GP clinics, schools, prisons and mental health facilities to all the many and varied specialist wards in our hospitals and even in humanitarian aid zones overseas. If you're empathetic by nature and want to make a difference to the lives of others, nursing is a great career choice that delivers plenty of job satisfaction.

Our nursing programmes range from diplomas and degrees to specialist postgraduate short courses for professional development. Highly regarded by employers, these programmes will equip you with the skills and experience you need to start, develop or advance your career in nursing.



Scan to learn more about our Nursing courses



New Zealand Diploma in Enrolled Nursing



Level 5



Christchurch and regionally*



Full-time: 18 months



March

Help meet the growing demand for nurses in New Zealand.

If you wish to apply for registration as an Enrolled Nurse with the Nursing Council of New Zealand, this programme which can be studied from almost anywhere in the South Island will equip you with the theory and clinical practice experience required.

It comprises a combination of theory, practice in simulated environments and clinical placements in different health care settings and locations. You'll practise your skills in different nursing contexts such as rehabilitation, acute care and mental health while studying the fundamentals of nursing and the human body.

**Satellites located in Nelson, Marlborough, West Coast and South Canterbury.*

Bachelor of Nursing



Level 7



Christchurch, Timaru



Full-time: three years



January, March, August*

Learn from experts in specialist facilities and help meet the demand for Registered Nurses.

This highly regarded programme combines theory with clinical experience and meets the Nursing Council of New Zealand (NCNZ) Competencies for the Registered Nurse Scope of Practice. Successful completion will enable you to apply for registration as a Registered Nurse with the NCNZ.

During your studies you'll gain an understanding of the many opportunities available for a career in nursing and be challenged to go beyond traditional health and illness care and focus on creating a supportive environment for health and wellbeing.

You'll have many opportunities to explore the diverse environments and relevant cultural understandings that nurses work within during clinical placements in hospitals, rest homes and health clinics, private practices and community care agencies.

**Timaru has March and August intakes only*



Graduate Certificate in Nursing



Level 7



Christchurch, Online



Part-time: up to six years



Various

Develop your nursing career by expanding your knowledge and skills.

This programme for Registered Nurses* offers a range of 5-10 credit courses at Level 7 and is designed to be studied part-time. You can choose to do one or two courses, or work towards the whole 60-credit qualification.

There are 30 course options to choose from. Some include: Professional Writing for Nurses, Adult Health Assessment and Rapid Assessment, Emergency Nursing, Medical and Surgical, Theatre and Recovery Nursing, Infant and Child Health, Pharmacology, Cancer Nursing, Managing Heart Failure, Assessment of Pain, Wound Care, Diabetes, ECG Analysis, Māori Health/Te Tiriti, Understanding Mental Health, Substance Misuse, and Nursing Management of Dementia, Delirium and Depression.

Courses are delivered through online media and/or two face-to-face sessions. Delivery of face-to-face content is mostly at our Manawa campus, near Christchurch Hospital. Registered Nurses can commence studying for this qualification immediately after graduating.

**Similar professional development opportunities at Level 5 are available for Enrolled Nurses. Contact us directly to find out more.*

Visit ara.ac.nz for all entry requirements and fee information.



Level



Location




Duration





Starts

Postgraduate Certificate in Health Practice

 Level 8

 Online*

 Part-time: up to three years

 January, July

Advance within your area of professional practice.

If you have a degree in nursing or another health-related area and you'd like to extend your knowledge and skills for advanced practice in the health sector, this programme will equip you with the confidence and skills to plan and co-ordinate multiple, complex patient care demands in your chosen specialisation.


It offers a selection of courses designed to meet the needs of health practitioners, health sector managers and other professionals whose practice has a focus on health.


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

Postgraduate Diploma in Health Practice

 Level 8

 Online*

 Part-time: up to four years

 January, July

Take the next step towards specialist health roles.

This is an interdisciplinary programme for qualified health professionals and health service managers. It will suit you if you have a degree in nursing or another health-related area and you'd like to extend your knowledge and skills for advanced practice in the health sector.


You'll gain advanced practice knowledge and critical analysis skills, and you'll spend time in independent study, critical reflection and field work in your place of study or place of work. To achieve the diploma, you need to complete four of the available courses within four years.


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

Postgraduate Diploma in Health Practice (Registered Nurse Prescribing)

 Level 8

 Online* and work integrated training

 Part-time: over two years

 January, July

Gain the skills required to prescribe medications.

This postgraduate diploma is for experienced registered nurses (RNs) wishing to apply to the Nursing Council of New Zealand (NCNZ) for authorisation to prescribe in primary health and speciality teams as a designated nurse prescriber.

This qualification will equip you with advanced practice knowledge and critical analysis skills. During the programme you'll spend time in independent study, critical reflection and fieldwork in your place of study or place of work.





You'll need to study four compulsory courses, one of which is a practicum course. Entry to the practicum course requires a passing grade of at least a B in all of the other three compulsory courses, alongside other requirements.

Please refer to the NCNZ website regarding the features of the work environment and support necessary to become an RN prescriber.

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



Master of Health Practice

 Level 9
 Online*
 Part-time: available up to five years maximum
 January, July





Extend your expertise in health practice and expand your career opportunities.

If you have a degree in nursing or another health-related area and you'd like to extend your knowledge and skills for advanced practice in the health sector, this programme will build on your specialist knowledge, enabling you to progress in your career.

You'll demonstrate mastery of your area of specialist practice or knowledge and demonstrate capacity for leadership.

**Some courses require attendance at on-site workshops in Christchurch.*

Master of Health Science

 Level 9
 Online*
 Part-time: available up to six years maximum
 January, July





Broaden your expertise in health practice to increase your career opportunities.

The Master of Health Science is tailored for health managers and health practitioners, specifically registered nurses and other health professionals working for Te Whatu Ora and PHOs.

You'll expand your knowledge within an inter-disciplinary learning environment and develop skills in critical analysis, constructive synthesis, and advanced practice and research within your chosen discipline area. You can choose between a scholarly project pathway, or a thesis pathway.

**Some courses require attendance at on-site workshops in Christchurch.*

Master of Nursing

 Level 9
 Online
 Full-time: two years Part-time: available up to six years maximum
 January, July

Enhance your capacity to improve patient outcomes and health services by becoming a nurse practitioner.

The Master of Nursing is an applied, clinically focused programme. It's been specifically designed to prepare you for advanced practice in the nurse practitioner scope and is approved by the Nursing Council of New Zealand.

You'll study advanced practice in pathophysiology, pharmacotherapeutics and health assessment and diagnostic reasoning. Additional courses include evidence for health practice and influences on complex health care. There are also two practicums.

Once completed, you'll be able to demonstrate mastery of your specialised area of practice and be able to provide leadership and practice collaboratively.



Visit ara.ac.nz for all entry requirements and fee information.

Osteopathy

Learn how to use your understanding of the human body to help people overcome aches, pains and injuries.

Osteopathy is a form of manual medicine focusing on the body's structure and how various parts of the body – such as joints, muscles and connective tissue – function together. Osteopaths evaluate and diagnose patients and use their hands to treat aches, pains and injuries.

Ara is the only place in New Zealand where you can study towards becoming an osteopath. In addition to theory, you'll gain substantial, hands-on experience, including at our on-campus osteopathic clinic where you'll treat patients under the guidance of qualified osteopaths.



Scan to learn more about our Osteopathy courses

Bachelor of Musculoskeletal Health



Level 7



Christchurch



Full-time: three years



February

Gain skills for a health sector career with diverse opportunities.

Developed according to best practice approaches in clinical education and delivered utilising innovative teaching methods, this programme will equip you with the knowledge and skills required for employment in non-registered areas of health care and management.

You'll start by gaining foundational knowledge of musculoskeletal health and osteopathy and forming a basis for critical thinking. In year two, the emphasis is



on evidence-based clinical practice and extending your bioscience knowledge. Your final year focuses almost entirely on the development of clinical practice learning, critical thinking and increasingly complex problem solving and decision making.

Throughout the degree, clinical practice courses will give you industry experience, enabling you to apply your knowledge in real-world environments.

Postgraduate Diploma in Osteopathy



Level 8



Christchurch*



Full-time: one year



February

Prepare for registration to become an in-demand, qualified osteopath.

There's strong demand for qualified osteopaths in New Zealand, Australia and Asia. This qualification enables you to gain the necessary additional skills and knowledge required to apply for registration to practice with the Osteopathic Council of New Zealand*.

It involves case-based learning which is clinically relevant and focused on ensuring you're competent and safe to enter the profession.

Areas covered include how to: work professionally, ethically and legally in primary healthcare settings; apply ethical decision-making processes to your practice; apply interpersonal and intrapersonal skills and professional values to your practice for people with diverse needs and backgrounds; and how to respond culturally and safely when working with patients, colleagues, healthcare workers and communities.

As part of the programme, you'll undertake over 500 hours of supervised clinical practice at our on-campus osteopathic clinic.

**To enrol, you must first have completed the Bachelor of Musculoskeletal Health.*



Notes

**Come and see us at one
of our main engagement
events in 2025/2026.**

Christchurch Careers Expo 2025

Wolfbrook Arena, Addington
May

June Open Day 2025

All Christchurch & Timaru campuses
June

Summer Open Day 2026

City, Woolston and Timaru campuses
January

For details see

ara.ac.nz

Apply now

ara.ac.nz

info@ara.ac.nz

0800 24 24 76

City campus

130 Madras Street, Christchurch
Mon–Fri, 8am–4.30pm

Manawa campus

276 Antigua Street, Christchurch
Mon–Fri, 8.30am–4.30pm

Woolston campus

Ensors Road, Christchurch
Mon–Fri, 8am–4.30pm

Timaru campus

32 Arthur Street, Timaru
Mon–Fri 8am–4.30pm

Ashburton campus

37 Alford Forest Road, Ashburton
Mon–Fri, 8.30am–4.30pm

Oamaru campus

44 Humber Street, Oamaru
Mon–Fri, 8am–4.30pm

Ara Connect

City campus, Madras Street, Christchurch
Timaru Campus, 32 Arthur Street, Timaru
Woolston Campus, Ensors Road, Christchurch

