

Ara Hauora

Health

STUDY OPTIONS 2023/24

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.



Te Pūkenga

Health Sector



When you choose to study a health-related subject at Ara | Te Pūkenga, 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, registered nurse prescriber, nurse practitioner, health manager, health educator, 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	✓	Christchurch/Timaru	Feb
New Zealand Certificate in Study and Career Preparation	4	6 months	✓	Christchurch/Timaru/Online	Feb/Jul
New Zealand Diploma in Enrolled Nursing	5	1.5 years	✗	Christchurch - with satellites in West Coast and South Canterbury	Mar
New Zealand Diploma in Pregnancy, Childbirth and Early Parenting Education	5	✗	✓	Online	Feb
Competency Assessment Programme – Enrolled Nurse	5	9 weeks	✗	Christchurch/Timaru	Jan/Mar/Jun/Aug/Oct
Competency Assessment Programme – Registered Nurse	7	9 weeks	✗	Christchurch/Timaru	Jan/Mar/Jun/Aug/Oct
Bachelor of Applied Science (with specialisation in: Health Promotion)	7	3 years	✓	Christchurch	Feb/Jul
Bachelor of Nursing	7	3 years	✗	Christchurch/Timaru*	Feb/Jul
Bachelor of Nursing with University of Canterbury Master of Health Sciences Professional Practice (Nursing)	7-9	2 years	✗	Christchurch	Feb
Bachelor of Medical Imaging	7	3 years	✗	Christchurch^^	Jan
Bachelor of Midwifery	7	3 years	✓	Christchurch - with satellites in Nelson, Marlborough, West Coast and Mid/South Canterbury	Jan
Bachelor of Musculoskeletal Health	7	3 years	✗	Christchurch	Feb
Graduate Certificate in Nursing	7	✗	✓	Christchurch	Various
Graduate Diploma in Nursing	7	1 year	✓	Christchurch	Feb/Aug
Postgraduate Certificate in Professional Supervision	8	✗	✓	Online**	Feb/Jul
Postgraduate Certificate in Health Practice	8	6 months	✓	Online^	Jan/Jul
Postgraduate Diploma in Health Practice	8	1 year	✓	Online^	Jan/Jul
Postgraduate Diploma in Osteopathy	8	1 year	✗	Christchurch	Feb
Master of Health Practice	9	2 years	✓	Online^	Jan/Jul
Master of Health Science	9	2.5 years	✓	Online^	Jan/Jul
Master of Nursing	9	2.5 years	✓	Online^	Jan/Jul
Master of Sustainable Practice	9	1.5 years	✓	Christchurch	Feb/Jul

*February intake only – Timaru **Online with three onsite blocks of two days in each course

^^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 | Te Pūkenga 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	6 months	✓	Christchurch	Feb/Jul
New Zealand Certificate in Health and Wellbeing (with specialisations in Community Facilitation, Mental Health and Addiction Support and Social Services)	4	1 year	✓	Christchurch/Timaru	Feb/Jul
Principles of Family Violence Intervention Micro-credential	7	12 weeks	✓	Online*	Feb/Jul
Bachelor of Social Work	7	4 years	✓	Christchurch	Feb
Postgraduate Certificate in Professional Supervision	8	✗	✓	Online**	Feb/Jul

*Online with two on-site days **Online with three onsite blocks of two days in each course

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 | Te Pūkenga, 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	✓	Christchurch/Timaru/Online	Feb/Jul
New Zealand Certificate in Exercise	4	6 months	✓	Christchurch	Feb/Jul
Bachelor of Applied Science (with specialisations in: Health Promotion; Sport and Exercise Science; and Human Nutrition)	7	3 years	✓	Christchurch	Feb/Jul

Locations & contact details

Website ara.ac.nz
Email 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

Timaru Ara Connect

Timaru campus, 32 Arthur Street, Timaru

Woolston Ara Connect

Woolston campus, Ensors Road, Christchurch

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. 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**

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.

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.



Want to find out more?

For details of all courses, including full entry criteria and how to apply, visit ara.ac.nz

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