

Ara Hauora

Health

STUDY OPTIONS 2020/2021

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.



Institute of Canterbury
Ara rau, taumata rau



Millie
Ara student

ara.ac.nz

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	15 years	✗	Chch - with satellites in Nelson, Marlborough, West Coast and South Canterbury	Mar
New Zealand Diploma in Pregnancy, Childbirth and Early Parenting Education		✗	✓	Online	
Competency Assessment Programme - Enrolled Nurse	7	9 weeks	✗	Christchurch	Jan/Jul/Oct
Competency Assessment Programme - Registered Nurse		3 years		Christchurch	Feb/Jul
Bachelor of Nursing	7-9	2 years	✗	Timaru	Jul
Bachelor of Nursing with University of Canterbury Master of Health Science				Christchurch	Feb
Bachelor of Medical Imaging	7	3 years	✗	Chch - with satellites in Nelson, Marlborough, West Coast and South Canterbury	Jan
Bachelor of Midwifery				Christchurch	Feb
Bachelor of Musculoskeletal Health	8	✗	✓	Christchurch	Various
Graduate Certificate in Nursing		1 year			Feb/Jul
Graduate Diploma in Nursing	8	✗	✓	Online	Mar/Jul
Postgraduate Certificate in Professional Supervision		1 year			Feb/Jul
Postgraduate Certificate in Health Practice	9	✗	✓	Christchurch	Feb
Postgraduate Diploma in Health Practice					1 year
Postgraduate Diploma in Osteopathy	9	✗	✓	Online	Feb/Jul
Master of Health Practice					1.5 years
Master of Health Science	9	✗	✓	Online	Feb/Jul
Master of Nursing					1.5 years
Master of Sustainable Practice	9	1.5 years	✓	Christchurch	

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 Health and Wellbeing (Social and Community Services)	4	1 year		Chch/Tim	
Bachelor of Social Work	7	4 years		Christchurch	Feb
Postgraduate Certificate in Professional Supervision	8	6 months			Mar/Aug

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					
Bachelor of Applied Science (with specialisations in: Physical Activity and Health Promotion; Sport and Exercise Science; and Human Nutrition)	7	3 years		Christchurch	

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

Open Monday to Friday 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 8.30am-4.30pm

Bishopdale Ara Connect

Bishopdale Mall, Harewood Road, Christchurch

City Ara Connect

City campus, Madras Street, Christchurch

Hornby Ara Connect

1 Brynley Street, Hornby, Christchurch

New Brighton Ara Connect

Cnr Hawke Street and Shaw Avenue

New Brighton, Christchurch

Rangiora Ara Connect

14 Ashley Street, Rangiora

Timaru Ara Connect

32 Arthur Street, Timaru

Oamaru Ara Connect

44 Humber Street, Oamaru



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 July 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/search

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