

AUT

TE WĀNANGA ARONUI  
O TĀMAKI MAKAU RAU

# SPORT & RECREATION

UNDERGRADUATE PROGRAMME GUIDE  
2024



**TOP 50**  
WORLDWIDE  
Young University

**AUCKLAND  
UNIVERSITY  
OF TECHNOLOGY**



# Nau mai, haere mai ki AUT WELCOME TO AUT

E ngā mana, e ngā reo  
E te iti, e te rahi  
E ngā mātāwaka o ngā tōpito o te ao  
Ngā mahuetanga iho e kawē nei i ngā  
moemoeā o rātou mā  
Tēnā koutou katoa

Piki mai rā, kake mai rā,  
Nau mai, haere mai ki tēnei o ngā wānanga  
Whakatau mai i raro i te korowai āhuru o Te Wānanga  
Aronui o Tāmaki Makau Rau

Te whakatupu i te kōunga, i te mana taurite me ngā  
tikanga matatika, i ngā pūkenga ako,  
i ngā pūkenga whakaako me te āta rangahau hei hāpai  
i ngā hāpori whānui o te motu, otirā, o te ao.

To the prestigious, the many voices  
The few, the great  
To those of all races and creeds  
We who remain to fulfil the dreams and  
aspirations of the ancestors  
Greetings one and all

Climb, ascend  
Embark on the journey of knowledge  
Let us at AUT embrace and empower you  
To strive for and achieve excellence

To foster excellence, equity and ethics in  
learning, teaching, research and scholarship,  
and in so doing serve our regional, national  
and international communities.



#### Cover

Top 50 Worldwide Young University: AUT is ranked 41st in the world based on the quality of our teaching, research, citations, international outlook and industry income (Times Higher Education World University Rankings 2023).

Disclaimer: Although every reasonable effort is made to ensure accuracy, the information in this document is provided as a general guide only for students and is subject to change. All students enrolling at AUT should consult its official document, the AUT Calendar, which is available online at [aut.ac.nz/calendar](https://aut.ac.nz/calendar), to ensure that they are aware of, and comply with, all regulations, requirements and policies.

The information contained in this programme guide was correct at the time of print, December 2022.

# Ngā ihirangi

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# He aha ai e ako ki AUT?

## WHY STUDY AT AUT?



1 AUT Millennium is a world-class sports training and research facility 2 AUT is one of the world's best universities for sport science, ranked in the top 39 in the world by QS 3 The North Campus is home to AUT's sport and recreation programmes 4 The 50-metre Olympic-sized swimming pool at AUT Millennium has 10 lanes and is 25 metres wide

### New Zealand's leading modern university

AUT is proud to be one of the world's best modern universities. Times Higher Education has ranked us in the top 50 universities under 50 years of age, and among the top 1% (251–300) of universities in the world and second in New Zealand. AUT is one of the world's best universities for sport science, ranked 39th in the world by the prestigious world university rankings organisation QS and 49th globally by the Shanghai Ranking (Academic Ranking of World Universities). Our graduates shape successful careers in many fields, both in and out of the sport and recreation industry. They work with elite athletes, manage events, help people make healthier lifestyle choices, and conduct research that leads to new discoveries in sport or health. Many of them also set up their own business.

### Widely known for academic excellence

AUT's mission is to create great graduates, and we offer exceptional learning experiences that prepare our students to be successful wherever in the world their career may take them. Across all of our programmes, we encourage innovation and entrepreneurship, and the ability to explore new technologies, challenge routine thinking and solve problems in new ways. Workplace experience is at the heart of the Bachelor of Sport and Recreation, and thanks to our ever-deepening industry connections you can choose from a vast number of host organisations for your placement. For many students the workplace experience also opens the door to their very first job.





Scan this QR code for details about courses, where your study could lead and stories about our great graduates and students.



3 4



## An innovative teaching and learning environment

AUT's university campuses feature modern buildings that don't just win architecture awards but also offer excellent environments where students can collaborate and develop skills that help them stand out in their future careers. Our state-of-the-art buildings were created using sustainable principles and feature inviting and functional lecture theatres, auditoriums and research spaces. AUT's success in creating transformational educational spaces has been recognised with a five-star ranking for teaching and facilities, awarded by the world university rankings organisation QS. As a sport and recreation student, you could also find yourself at AUT Millennium, New Zealand's top sport and fitness facility and home of the Sports Performance Research Institute New Zealand (SPRINZ).

## Research that shapes tomorrow

AUT is ranked first in New Zealand by Times Higher Education for the number of times our research is cited globally. Our sport and recreation researchers work at AUT Millennium, helping athletes perform at the very top of their ability and exploring new ways to improve sport and health. Our discoveries are widely used, both in New Zealand and around the world. Our research also feeds back into the classroom, and students can contribute to and learn from these research discoveries.

# Oranga Taurira

## STUDENT LIFE

**AUT is a modern and innovative university with endless opportunities, and a supportive culture that celebrates diversity and is committed to improving our local and global communities. Our students are at the heart of everything we do, and we're proactive in enabling them to succeed and be ready for any challenge in front of them.**

### Our Student Hubs – your place to get the support you need

AUT offers some of the most comprehensive student support services in New Zealand, and our Student Hub is where you can learn more about these services. Our professionally qualified staff include social workers who can look after and support our diverse student community. Our Student Hubs are available both online and across our campuses, so you can get help and support when and where you need it.

### Getting you started on your uni journey

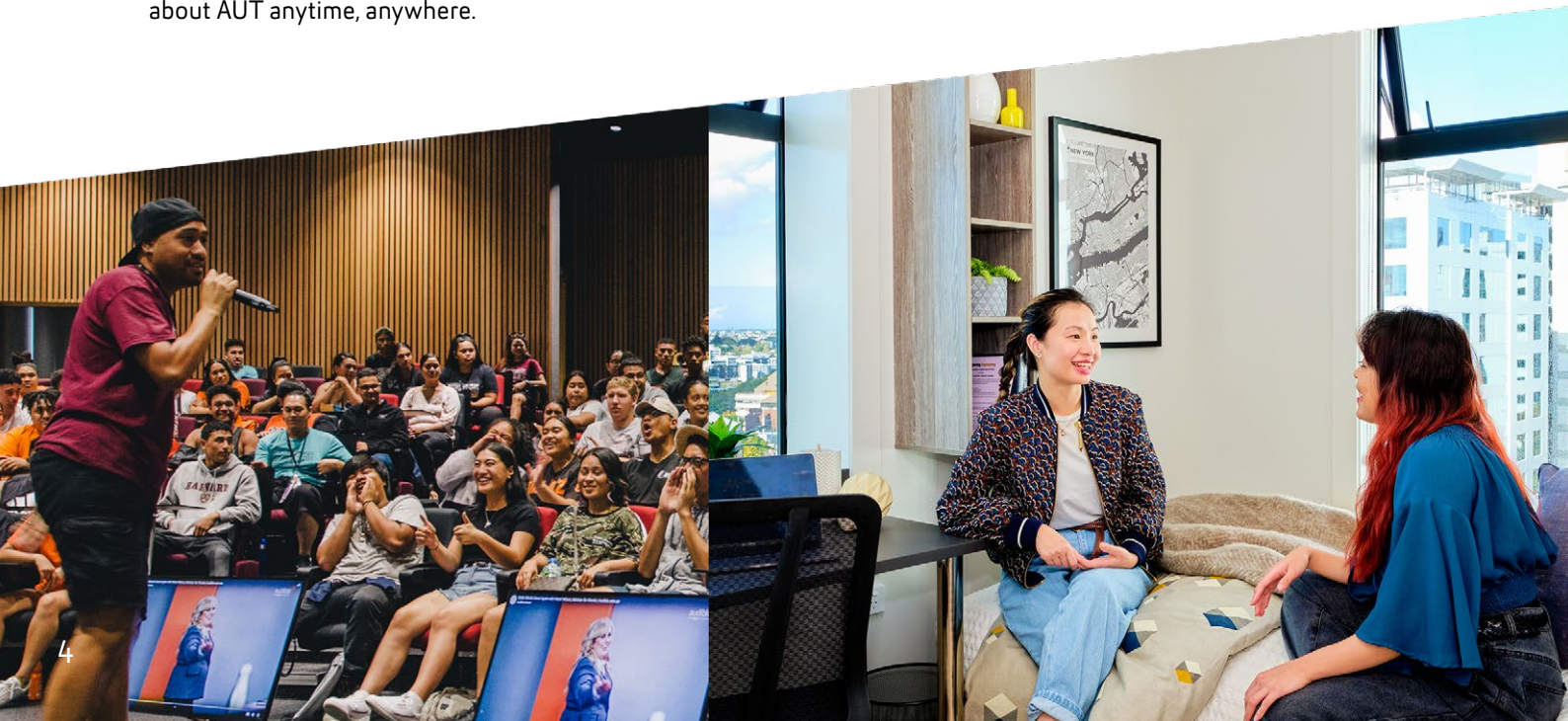
Studying at university is exciting and can be quite an adjustment. That's why AUT helps new students transition to university life by delivering a wide-ranging orientation programme at the start of each semester. We also offer activities throughout the semester to transition you into university life. AUT's app also provides up-to-date news, events, and information about AUT anytime, anywhere.

### Helping you achieve your academic goals

We do everything we can to help you achieve your academic goals and set you up for a successful career. You'll have access to all the people, resources and technology you need to make the most of your learning opportunities. Our services include academic skills support through our library and their learning services, peer mentoring for help with assessments, childcare, free technology access and financial assistance, as well as tailored support for our postgraduate research students.

### Supporting your wellbeing

Our students' health and wellbeing are our highest priority, and AUT is experienced in delivering support to aid students' overall wellbeing. This includes services like 24/7 security on campus; peer support from over 300 student ambassadors, navigators, peer advisors and RUOK advisors; financial assistance; medical, learning and systems access support, as well as physical and mental wellbeing support. We actively encourage students to be aware of their wellness needs – mind, body, and spirit. As an AUT student you have access to free and confidential counselling sessions, peer support and programmes to develop better self-knowledge and resilience.





## Enabling opportunities for a vibrant uni experience

We want you to make the most of university life, and have fun and grow during your time with us. That's why we offer a range of spaces and initiatives for students including clubs, events, sporting opportunities and state-of-the-art recreational facilities. Our clubs are student-led and cover social, sustainability, cultural and academic interests. If you can't find something you enjoy, you're always welcome to create something new!

## Celebrating our people

We celebrate diversity and our commitment to Te Tiriti o Waitangi with passion, curiosity and pride. We have a strong commitment to Māori and Pacific community advancement, and have dedicated teams to support all students at AUT. We were the first university in New Zealand to achieve the Rainbow Tick. We're committed to equity of access and opportunity for students, staff and visitors, and support the principles of Kia Ōrite: Code of Practice for an inclusive tertiary environment.

Our dedicated teams include disability services, and rainbow and international student support. Our Student Association (AUTSA) advocates and represents the interests of all AUT students, and shares students' voices through its Debate magazine.

## Beyond learning and into employability

Our services, competitions and awards offer you enriching life experiences that will support your career once you graduate. These opportunities can help you gain an edge in the marketplace through workplace experience, international exchanges, industry connections, and CV and interview preparation for when you're ready to start your career. Our CO.STARTERS@AUT programme, X Challenge competition or AUT Ventures Ltd are also a great incubator for your entrepreneurial ideas and can help you bring your ideas to market.



# Bachelor of Sport and Recreation

## Overview

Take your interest in sport, recreation and fitness and create a rewarding career for yourself. There is demand for skilled sport, recreation and fitness professionals in New Zealand and overseas. Join us and we help you develop the skills to play a key role in this exciting industry. AUT is New Zealand’s leading sport and recreation university. You’ll have access to world-class facilities, high-achieving academics and researchers, and our outstanding workplace experience programme. Industry experience is an important part of your study, and you can choose from a vast number of host organisations.

### QUICK FACTS

Level	7
Points	360
Duration	3 years full-time, part-time available
Campus	North & South
Starts	26 Feb & 15 Jul 2024

### Entry requirements

#### Minimum entry requirements

- University Entrance or equivalent
- Must be capable of meeting the Children’s Act 2014 requirements, including police clearance

#### Useful New Zealand school subjects

Art History, Classical Studies, Drama, English, Geography, Health Education, History, Media Studies, Social Studies and either Physical Education or a subject from Biology, Chemistry, Earth and Space Science, Physics, Science or Calculus, Mathematics, Statistics

#### English language requirements

IELTS (Academic) 6.0 overall with all bands 5.5 or higher, or equivalent

#### Don’t meet the entry requirements?

Consider starting with a Certificate in Sport and Recreation – refer to page 14 for more details.

### What this qualification covers

Exciting changes are coming to the Bachelor of Sport and Recreation. You’ll be able to select from a range of majors and minors from sport and recreation, or combine your Bachelor of Sport and Recreation major with a major or minor from any AUT subject.

The Bachelor of Sport and Recreation is made up of:

- Core courses all Bachelor of Sport and Recreation students do – these help you develop transferable skills and support your work in all other courses in the degree
- A major – this is the main subject and the focus of your degree
- Another major or a minor focusing on a different subject
- Elective courses

Visit our website for the latest information about this programme. Simply scan the QR code at the top of page 7.



“Throughout my studies I met some great people who were just as passionate about sport as I am. This would prove awesome as the years went on, and I came across the people I studied with at events or at meetings revolving around sport and physical activity. Graduating was a massive step and life goal for me, and I’m still grateful to those who supported me along the way. Landing this role and working at the Counties Manukau Rugby Football Union had been a dream of mine since I was younger, especially since I grew up in Counties Manukau. The opportunity to connect with the people of my region and give them my time and efforts is rewarding.”

**Shaun Adam Atamu**  
*Ngāti Maniapoto, Niue*  
Secondary Schools Rugby Development Officer,  
Counties Manukau Rugby Football Union  
Bachelor of Sport and Recreation in Physical Activity and Nutrition



Scan this QR code for details about courses, where your study could lead, and stories about our great graduates and students.



## Majors

You can choose one of these majors:

- Coaching
- Exercise Science and Nutrition
- Health and Physical Education
- Management
- Outdoor Education
- Sport and Exercise Science

Refer to pages 8 to 13 for more detail.

You can also study this degree without a major and select from a wide range of courses.

## Double your career options

Double degrees enable you to study two degrees at the same time, but don't necessarily take double the time to complete. You can study the Bachelor of Sport and Recreation & Bachelor of Business as double degrees. As business and sport environments become more complex, professionals with skills in both areas are increasingly in demand. To study these double degrees, you apply for and enrol separately in each of the two degrees. If you're considering doing this, it's important that you contact AUT to discuss your plans.



"I thought a lot about what I would study at university. I ended up choosing this degree because sport and recreation has always been something I've actively participated in, and I knew I would enjoy it. However, it really sealed the deal for me when I attended AUT's open day and met with a bunch of really passionate lecturers who showed me the exciting opportunities available in the sport and recreation sector. I'm currently undertaking a year-long internship with the New Zealand Olympic Committee, and have spent a month based in the Birmingham Commonwealth Games Village as one of the New Zealand team operations leads. This was such an awesome experience."

**Ella Agnew**

**Team Services Assistant, New Zealand Olympic Committee**  
**Bachelor of Sport and Recreation in Management**

## Bachelor of Sport and Recreation Coaching

Scan this QR code for details about courses, where your study could lead, and stories about our great graduates and students.



**Coaching is an exciting and rewarding area of sport in New Zealand. Coaches work with athletes of all skill levels and there's a large number of coaching positions available. Coaching prepares you for a coaching career in sport, recreation, health and physical education, and the growing area of coach development. You gain a sound understanding of the coaching process, and work with athletes of different skill levels through your workplace experience.**

### What this major covers

Beginning in the first semester, all students undertake a mixture of core and major courses. These will give you a basic understanding of leadership and the skills required for a career in sport and recreation. You'll learn about current issues for the sport and recreation industry in New Zealand, key industry organisations and sectors within sport and recreation, and planning for sport and recreation programmes.

You'll explore law and ethics, group and individual behaviour and evidence-based practice in sport and recreation. You also become familiar with teaching, learning and coaching; skill acquisition, sport psychology and analysing sport performance, nutrition and exercise physiology.

### Workplace experience

At the heart of your studies are the Cooperative Education courses; your opportunity to complete workplace experience in an industry organisation, working on a project related to your major. Recent placements included Vodafone Warriors, Kelly Sports, Northern Football Federation, Aktive Auckland, SoccerPlusNZ and Rangitoto College.

We also encourage you to continue playing or coaching in your own sport alongside your studies to apply your skills and make your CV stand out to future employers.

### Career opportunities

- Coach development manager
- Coach for regional or national sports organisations, or youth and development teams
- Kiwisport co-ordinator
- Health and physical education teacher<sup>1</sup>
- Recreation programme co-ordinator
- School sports co-ordinator

1. After completing the one-year Graduate Diploma in Secondary Teaching



"My decision to chase a career in the sport and recreation industry was fuelled by my deep passion for sport and people. I always wanted to be in a position to make an influential difference in this field, and my Bachelor of Sport and Recreation has helped me grow valuable skills and capabilities that will continue to serve me for life. I loved working and developing alongside inspiring like-minded people and truly valued the opportunity to apply my learnings outside of the classroom in a range of practical workshops and placement environments. Having the combination of different learning environments was fantastic and made the experience very enjoyable."

**Scott Lewis**  
Coach Education Officer,  
Northern Region Football  
Bachelor of Sport and Recreation in Coaching



## Bachelor of Sport and Recreation

# Exercise Science and Nutrition

Scan this QR code for details about courses, where your study could lead, and stories about our great graduates and students.



Exercise science and nutrition are becoming more and more important as the developed world struggles with the effects of our modern lifestyle. There's an increasing focus on lifestyle choices, physical activity, exercise, nutrition and other factors that affect health in the community. Exercise science and nutrition covers the skills to make a difference and help people make healthier choices. As part of your studies you could work with the AUT Human Potential Centre, a research centre for physical activity and nutrition based at AUT Millennium.

### What this major covers

Beginning in the first semester, all students undertake a mixture of core and major courses. These will give you a basic understanding of leadership and the skills required for a career in sport and recreation. You'll learn about current issues for the sport and recreation industry in New Zealand, key industry organisations and sectors within sport and recreation, and planning for sport and recreation programmes.

You'll explore law and ethics, group and individual behaviour and evidence-based practice in sport and recreation. You become familiar with sport, health and wellbeing; nutrition, anatomy, physiology and exercise prescription and then further your understanding of nutrition and exercise physiology.

### Workplace experience

At the heart of your studies are the Cooperative Education courses; your opportunity to complete workplace experience in an industry organisation, working on a project related to your major.

Recent placements included the Heart Foundation, the New Zealand Nutrition Foundation, District Health Boards, health trusts, regional sports trusts (Active Families and Green Prescription Programmes) and schools.

### Career opportunities

- Active Communities, Active Families, Active Schools or Green Prescription co-ordinator
- Clinical exercise physiologist
- Community health development co-ordinator
- Corporate health and wellness advisor
- Health promotion officer
- Physical activity co-ordinator



"I grew up in England but found the university courses there to be too clinical. On a whim I googled universities in Aotearoa and stumbled across AUT. I loved their holistic approach to sport and the diverse options, so when I saw the modules on nutrition I was sold. I loved the kinaesthetic side of the degree, with the group hikes, waka and whitewater rafting, exercise physiology workshops and visiting the clinics at AUT Millennium. I found these experiences invaluable for my personal and professional development. I now run Hauora Wellbeing Studio, a Māori-owned business, and we pride ourselves in the genuine connections we have within our community."

#### Heather Reed

*Ngāti Kahungunu ki Wairarapa*

**Co-Founder, Hauora Wellbeing Studio  
Bachelor of Sport and Recreation  
in Sport and Exercise Science & Exercise  
Science and Nutrition**

## Bachelor of Sport and Recreation

# Health and Physical Education

Scan this QR code for details about courses, where your study could lead, and stories about our great graduates and students.



**Health, sport and physical activity remain at the heart of New Zealand's wellbeing. Health and physical education is vital in helping young people develop the confidence and skills they need to be connected and active members of society. As part of your studies, you'll explore hauora, health promotion and the socio-ecological aspects that support health and physical education in New Zealand schools.**

### What this major covers

Beginning in the first semester, all students undertake a mixture of core and major courses. These will give you a basic understanding of leadership and the skills required for a career in sport and recreation. You'll learn about current issues for the sport and recreation industry in New Zealand, key industry organisations and sectors within sport and recreation, and planning for sport and recreation programmes.

You'll explore law and ethics, group and individual behaviour and evidence-based practice in sport and recreation. You become familiar with teaching, leading and coaching, the principles and practices of health and physical education; sport, health and wellbeing; sport psychology and biomechanics. You also further your understanding of health and physical education philosophy and teaching and explore learning environments related to sport and recreation.

### Workplace experience

At the heart of your studies are the Cooperative Education courses; your opportunity to complete workplace experience in an industry organisation, working on a project related to your major.

Recent placements covered a wide range of schools, including Whangaparaoa College, Gladstone Primary School, Alfriston College and Wentworth College.

### Career opportunities

- Health and physical education teacher<sup>1</sup>
- Coach with local, regional or national sports organisations
- Health promotion educator
- Kiwi Sport/Active Schools co-ordinator
- Physical activity co-ordinator
- School sports co-ordinator

1. After completing the one-year Graduate Diploma in Secondary Teaching



"During my sport degree, I had the privilege of doing a coaching placement at AFL New Zealand, and found that I had a passion for teaching kids through the medium of sports. When working with these kids, I taught them elementary motor skills like catching and passing but I soon realised I was really contributing to something more. I quickly learned the value of a teacher and the impact you can have on the lives of those you teach, inspiring me to pursue a career as a kaiako. The friendships and connections I made throughout my time at AUT were the biggest highlight for me."

#### Arana Rakena

*Ngāpuhi*

Health, Physical Education and Te Reo Māori Teacher, Lynfield College  
Graduate Diploma in Secondary Teaching  
Bachelor of Sport and Recreation in Health and Physical Education



# Bachelor of Sport and Recreation Management

Scan this QR code for details about courses, where your study could lead, and stories about our great graduates and students.



**Management skills are needed across the sport and recreation industries. You develop expertise in sport management, marketing, facilities and events management, entrepreneurship in sport and recreation, sport sponsorship, sport development, high performance sport leadership, law and finance. You learn from staff with international and national experience, and have the opportunity to work with local and national sporting bodies and events.**

## What this major covers

Beginning in the first semester, all students undertake a mixture of core and major courses. These will give you a basic understanding of leadership and the skills required for a career in sport and recreation. You'll learn about current issues for the sport and recreation industry in New Zealand, key industry organisations and sectors within sport and recreation, and planning for sport and recreation programmes.

You'll explore law and ethics, group and individual behaviour and evidence-based practice in sport and recreation. You become familiar with sport management, finance, marketing and the processes, policies, and practices in sport development. You also further your understanding of leadership in sport and recreation, sport events and entrepreneurship.

## Workplace experience

At the heart of your studies are the Cooperative Education courses; your opportunity to complete workplace experience in an industry organisation, working on a project related to your major.

Recent placements included Athletics New Zealand, Counties Manukau Sport, Halberg Disability Sport Foundation, Harbour Sport, Hockey New Zealand, New Zealand Breakers, New Zealand Cricket, New Zealand Rugby League, New Zealand Rugby Union, Nike NZ, Northern Arena, school sports departments, Touch North Harbour, Total Sport (event management), Triathlon New Zealand and The GEMBA Group.

## Career opportunities

- Community and sports events co-ordinator
- Sales and marketing executive
- School sports co-ordinator
- Sponsorship manager
- Sport and leisure facility manager or co-ordinator
- Sport development manager



"Having the opportunity to work in a sporting organisation of my choice as part of my degree really motivated me. This experience grew my love and passion for sports social media and content creation, which is what I do now. I'm grateful that AUT provides opportunities like this for students because it's a headstart into the workforce once you've graduated. I love that I now get to create sports content all day, whether it be editing videos and photos, creating something in Photoshop or writing articles. To end up with a role at an organisation like New Zealand Rugby League is a testament to the hard work and sacrifices from both myself and my aiga."

### Lucy Tuave

**Digital Communications Executive,  
New Zealand Rugby League  
Bachelor of Sport and Recreation  
in Management**

## Bachelor of Sport and Recreation Outdoor Education

Scan this QR code for details about courses, where your study could lead, and stories about our great graduates and students.



The outdoor environment is a key part of the Kiwi lifestyle. A qualification in outdoor education gives you the skillset to work in this environment, teaching and leading others. Graduates work in many fields – they teach in schools, work in outdoor pursuit centres, operate adventure tourism ventures and often progress into management. Learn from some of the country's most experienced staff in outdoor education who have worked and adventured in some of the world's most exciting places including Antarctica, Nepal, North and South America, the United Kingdom, New Zealand and the Alps of France, Austria and Switzerland.

### What this major covers

Beginning in the first semester, all students undertake a mixture of core and major courses. These will give you a basic understanding of leadership and the skills required for a career in sport and recreation. You'll learn about current issues for the sport and recreation industry in New Zealand, key industry organisations and sectors within sport and recreation, and planning for sport and recreation programmes.

You'll explore law and ethics, group and individual behaviour and evidence-based practice in sport and recreation. You become familiar with outdoor adventure locations including lakes, rivers, islands, the sea, mountains and the bush, and study teaching, leading and coaching. You also learn about outdoor education and learning environments related to sport and recreation.

### Workplace experience

At the heart of your studies are the Cooperative Education courses; your opportunity to complete workplace experience in an industry organisation, working on a project related to your major.

Recent placements included Bigfoot Adventures, Camp Adair, Howick College; Kahunui Campus, St Cuthbert's College; Mt Albert Grammar School and the Sir Peter Blake Marine Education Recreation Centre (MERC).

### Career opportunities

- Adventure consultant or educator
- Corporate development trainer
- Commercial guide
- Instructing outdoor pursuits – white water kayaking, rock climbing, abseiling and bush survival
- Outdoor education instructor or teacher<sup>1</sup>
- Youth worker

1. After completing the one-year Graduate Diploma in Secondary Teaching



"My journey through the outdoor education pathway has continuously inspired me and sparked my passion to pursue a career in this industry. I can't thank my outdoor lecturers enough for the impact they've had on me. What I enjoyed most about studying at AUT were the relationships I built with my lecturers and classmates. From my first day at AUT I've felt so welcomed and supported. The lecturers want the best for you and they want to know about you, which makes you feel valued and encourages you to strive for your best."

#### Hanne Mellsop

Senior Leader for Programmes,  
Sir Peter Blake Marine Education and  
Recreation Centre (MERC)  
Master of Sport, Exercise and Health  
Bachelor of Sport and Recreation in  
Outdoor Education & Bachelor of Business in  
Marketing



## Bachelor of Sport and Recreation

# Sport and Exercise Science

Scan this QR code for details about courses, where your study could lead, and stories about our great graduates and students.



Sport and exercise science focuses on improving sports performance, based on anatomy, biomechanics, nutrition and physiology, fitness assessment and exercise prescription. AUT is New Zealand's top ranked university for sport and exercise science research, and our graduates go on to a range of exciting careers. The Sport and Exercise Science major is supported by the Sports Performance Research Institute New Zealand (SPRINZ), based at AUT Millennium. Our strong industry links with the high performance sport and fitness industry open up great opportunities for your workplace experience, and there are frequent visits from experts in the field.

### What this major covers

Beginning in the first semester, all students undertake a mixture of core and major courses. These will give you a basic understanding of leadership and the skills required for a career in sport and recreation. You'll learn about current issues for the sport and recreation industry in New Zealand, key industry organisations and sectors within sport and recreation, and planning for sport and recreation programmes.

You'll explore law and ethics, group and individual behaviour and evidence-based practice in sport and recreation. You also study exercise prescription and assessment, exercise physiology, anatomy, nutrition and biomechanics, and will further your understanding of biomechanics and athletic conditioning.

### Workplace experience

At the heart of your studies are the Cooperative Education courses; your opportunity to complete workplace experience in an industry organisation, working on a project related to your major.

Recent placements included High Performance Sport New Zealand, AUT Millennium, Auckland Cricket, Auckland Rugby, Counties Rugby, Emirates Team New Zealand, Jetts, Les Mills, New Zealand Breakers, New Zealand Police, New Zealand Rugby League, North Harbour Rugby, Northern Mystics Netball, secondary school sports academies and YMCA.

### Career opportunities

- Sport or exercise scientist
- Fitness trainer
- Health and wellness advisor
- Personal trainer
- Physical conditioning or training instructor
- School sports academy co-ordinator



"One of the standout qualities of AUT is that it's recognised for being a university that enables students to put theory into practice. I experienced working with the Sports Performance Research Institute New Zealand, enabling me to utilise AUT Millennium's world-class facilities. During my workplace experience at the Sports Performance Research Institute New Zealand, I assisted in a project surrounding the biomechanics of the dart throw. This project was presented at the International Society of Biomechanics in Sports Conference, a worldwide forum for the exchange of materials and information on biomechanics in sports, and is now a published conference article."

#### Jessica Yeoman

Research Scientist, Lululemon, Vancouver, Canada

Bachelor of Sport and Recreation in Sport and Exercise Science



Scan this QR code for course details and where this qualification could lead you.

# Certificate in Sport and Recreation

Grab your opportunity to gain skills and knowledge for further study or your future career with this qualification. The Certificate in Sport and Recreation is for Year 13 students who didn't get UE at school and want to staircase into the Bachelor of Sport and Recreation. You build your academic writing, communication, computer literacy and time management skills, and develop an understanding of coaching, goal setting and teamwork.

## Entry requirements

### Minimum entry requirements

Completion of Year 13

### English language requirements

IELTS (Academic) of 5.5 overall with all bands 5.0 or higher; or equivalent.

## What this qualification covers

You need to complete four courses which cover areas like health, wellbeing, business, coaching, sport, exercise and fitness.

Offered via lectures and workshops, these courses help you build your academic writing, communication, computer literacy and time management skills, and an understanding of coaching, goal setting and teamwork.

## Further study

- Bachelor of Sport and Recreation
- Bachelor of Health Science

CertSR | AK3761

## QUICK FACTS

Level	4
Points	60
Duration	½ year full-time, part-time available
Campus	North & South
Starts	26 Feb & 15 July 2024

# Graduate Diploma in Sport and Exercise

## Graduate Certificate in Sport and Exercise



Scan this QR code for course details and where these qualifications could lead you.

Interested in sport and recreation but don't want to commit to a three-year degree? If you have a degree in another field or considerable professional experience in sport, recreation or health and want to gain a further qualification, these programmes are for you. Both programmes are an effective option for personal and professional development, particularly for those looking for a pathway into the sport and recreation industry.

The School of Sport and Recreation is home to experts in coaching, exercise science and nutrition, health and physical education, leadership and management, and outdoor education. You learn from expert academic staff and can choose from a wide range of courses from the Bachelor of Sport and Recreation. We will guide you in your choice of suitable courses.

### Entry requirements

#### Minimum entry requirements

A bachelor's degree OR relevant professional qualification or experience approved by the Dean (or representative) to be equivalent to a degree.

#### English language requirements

IELTS (Academic) 6.5 overall with all bands 6.0 or higher; or equivalent.

### What these qualifications cover

#### Graduate diploma

You must complete at least 120 points, including 75 points from level 7 Bachelor of Sport and Recreation courses.

#### Graduate certificate

You must complete at least 60 points, including 45 points from level 7 Bachelor of Sport and Recreation courses. Depending on your existing knowledge and interest areas, you may have to take additional courses to meet prerequisite requirements for specific pathways.

### Further study

If you perform well in the Graduate Diploma in Sport and Exercise you can use it as a pathway into postgraduate study in a related field.

### Graduate Diploma in Sport and Exercise

GradDipSp&Ex | AK1032

#### QUICK FACTS

Level	7
Points	120
Duration	1 year full-time, part-time available
Campus	North & South
Starts	26 Feb & 15 July 2024

### Graduate Certificate in Sport and Exercise

GradCertSp&Ex | AK1031

#### QUICK FACTS

Level	7
Points	60
Duration	½ year full-time, 1 year part-time
Campus	North & South
Starts	26 Feb & 15 July 2024



# Bachelor of Sport and Recreation (Honours)

Scan this QR code for course details and where this qualification could lead you.



Want to take your career in sport and recreation further? The Bachelor of Sport and Recreation (Honours) is aimed at high-achieving students in the Bachelor of Sport and Recreation who want to advance their skills. Research skills are highly valued in the sport and recreation sector and this programme can lead to a range of exciting careers. It can also serve as a direct pathway into the PhD.

### Entry requirements

#### Minimum entry requirements

- Bachelor of Sport and Recreation with a B+ grade average or higher in level 7 courses or equivalent.
- An applicant’s course of study must be approved by the Dean (or representative)

#### English language requirements

IELTS (Academic) 6.5 overall with all bands 6.0 or higher; or equivalent.

### What this qualification covers

You complete a research methods course and advanced courses relevant to your discipline, which cover topics like leadership and management in sport and recreation, nutrition, movement, physiology, coaching or sports marketing.

At the heart of the programme is the supervised research dissertation in a specific area of sport and recreation. It’s your chance to explore a topic of your interest, under the supervision of our experienced academic staff from the School of Sport and Recreation.

BSR(Hons) | AK3913

### QUICK FACTS

Level	8
Points	120
Duration	1 year full-time, part-time available
Campus	North
Starts	26 Feb & 15 Jul 2024

### Career opportunities

- Strength and conditioning coach
- Exercise physiologist
- Performance analyst
- Manager of performance programme



“AUT is recognised as one of the top universities for sports science in Australasia, and I knew that the courses offered at the postgraduate level would continue to stimulate my understanding and take my knowledge to the next level. The opportunity to continue to be mentored by leaders in the field and draw on their expertise was also difficult to pass up. For my honours degree research, I explored how emotions can affect athletic performance. The influence of negative emotions hasn’t been extensively analysed in tennis, despite there being a clear correlation between this notion and adverse effects upon sporting performance.”

**Joshua Pereira**  
Support Specialist, Hudl, Sydney  
Bachelor of Sport and Recreation (Honours)  
Bachelor of Sport and Recreation in Sport and Exercise Science

# Overview of postgraduate qualifications

Scan this QR code for more details about postgraduate programmes.



AUT is Aotearoa New Zealand's fastest growing postgraduate study destination. We offer a wide range of postgraduate programmes – from honours degrees to doctorates – to help you achieve your goals and progress your career in sport. Our world-leading academics are research-active experts at the forefront of their disciplines, and our 60+ research centres, institutes and networks give you access to transformational research projects.

## Postgraduate Certificate in Sport, Exercise and Health

Further your understanding of the sport sector in as little as one semester. Choose from a wide range of courses in coach and athlete development, outdoor learning, physical activity and nutrition, sport leadership and management, and strength and conditioning. A mix of online and on-campus block courses, this programme can be a pathway into the master's degree.

## Master of Sport, Exercise and Health

Advance your knowledge of the sport industry, and be involved in world-leading research in sport, exercise and health. You can specialise in coach and athlete development, outdoor learning, physical activity and nutrition, sport leadership and management, or strength and conditioning. You research a topic of interest for your dissertation. This programme is offered as a mix of online and on-campus block courses.

## Master of Philosophy

The Master of Philosophy is a one-year research-only master's degree. You undertake a research project of your interest under the supervision of sport and recreation staff. It can also serve as a pathway to more advanced research at doctoral level.

## Doctor of Philosophy

This thesis-based research degree leads to advanced academic and theoretical knowledge in a specialist area. You can make an original contribution to knowledge or understanding in the field of sport and recreation, and meet recognised international standards for such work. You work closely with a supervisor to prepare a thesis, which is then examined by independent experts applying contemporary international standards.



"Studying the Master of Sport, Exercise and Health has been an awesome experience, and I got to challenge myself to study courses outside the sport and exercise science domain. I've specifically used this postgrad opportunity to enhance my understanding around sport pedagogy, skill acquisition and quantitative research to add to my current skillset. For my master's degree research, I'm focusing on non-locomotive workload, which is an important component of the total workload in rugby union, but measurement difficulties mean it's typically not included in rugby workload assessments. It's for this reason my research focuses on quantifying and analysing contact workload in professional rugby union."

### Jess Chittenden

Master of Sport, Exercise and Health student

Bachelor of Sport and Recreation in Sport and Exercise Science

# Whakauru where wānanga

## UNIVERSITY ENTRANCE

### University admission to AUT bachelor's degrees

#### For New Zealand citizens and residents and international students studying in a high school in New Zealand

To gain admission to bachelor's degrees, you must have met the requirements for University Entrance plus any specified admission requirements for a programme, such as specific subjects, portfolios and interviews.

For more information on entry requirements, including entry requirements for international students visit [aut.ac.nz/entryrequirements](http://aut.ac.nz/entryrequirements)

#### Admission categories

You may be granted University Entrance under one of the following categories:

- NCEA University Entrance
- Ad Eundem Statum admission (at an equivalent level) – this includes Cambridge International Examinations (CIE) and International Baccalaureate Diploma Programme (IB)
- Discretionary Entrance
- Special Admission

Visit [aut.ac.nz/entryrequirements](http://aut.ac.nz/entryrequirements) to find out more details about these admission categories.

### Common University Entrance requirements

Where programmes require a specific subject, it is expected that a student will have achieved a minimum of 14 NCEA credits in that subject (or equivalent), unless indicated otherwise. For a list of NCEA approved subjects for University Entrance visit the NZQA website, [nzqa.govt.nz](http://nzqa.govt.nz)

	NCEA	CIE	IB <sup>3</sup>
Overall	Require NCEA level 3 certificate which consists of 80 credits, including at least 60 credits at level 3 or higher. Can include up to 20 credits at level 2. Note: Credits to achieve NCEA level 3 may include unit standards from non-approved subjects. <b>Subject credits</b> Total of 42 level 3 credits including: <ul style="list-style-type: none"> <li>• 14 credits from one approved subject</li> <li>• 14 credits from a second approved subject</li> <li>• 14 credits from a third approved subject</li> </ul>	A minimum of 120 points on the New Zealand CAIE Tariff <sup>1</sup> at A or AS level from an approved list (equivalent to NCEA approved subject list). Must include at least three subjects (excluding Thinking Skills) with grades D or above.	IB Diploma with minimum 24 points
Numeracy	At least 10 level 1 (or higher) numeracy credits (can be achieved through a range of subjects)	A minimum grade of D in IGCSE <sup>2</sup> mathematics or any mathematics subject at AS or A level.	Any mathematics subject – IB Group 5
Literacy	Total of 10 level 2 (or higher) literacy credits including: <ul style="list-style-type: none"> <li>• 5 reading credits</li> <li>• 5 writing credits</li> </ul> From specific standards in a range of NZQA English language rich subjects	A minimum grade of E in English Language and/or English Literature subject at AS or A level.	Literature or language and literature (SL or HL) – IB Group 1, with English as the language

1. NZ Tariff (based on old UCAS Tariff) = system which converts AS and A level grades into points.

2. IGCSE = International General Certificate of Secondary Education.

3. New Zealand residents who have taken IB but have not been awarded the Diploma may apply for discretionary entrance.



## English language requirements

If you don't have English as your first language, you may have to show evidence of your English language skills. Visit [aut.ac.nz/englishrequirements](https://aut.ac.nz/englishrequirements) for details about English language testing and recognised English tests.

## International students

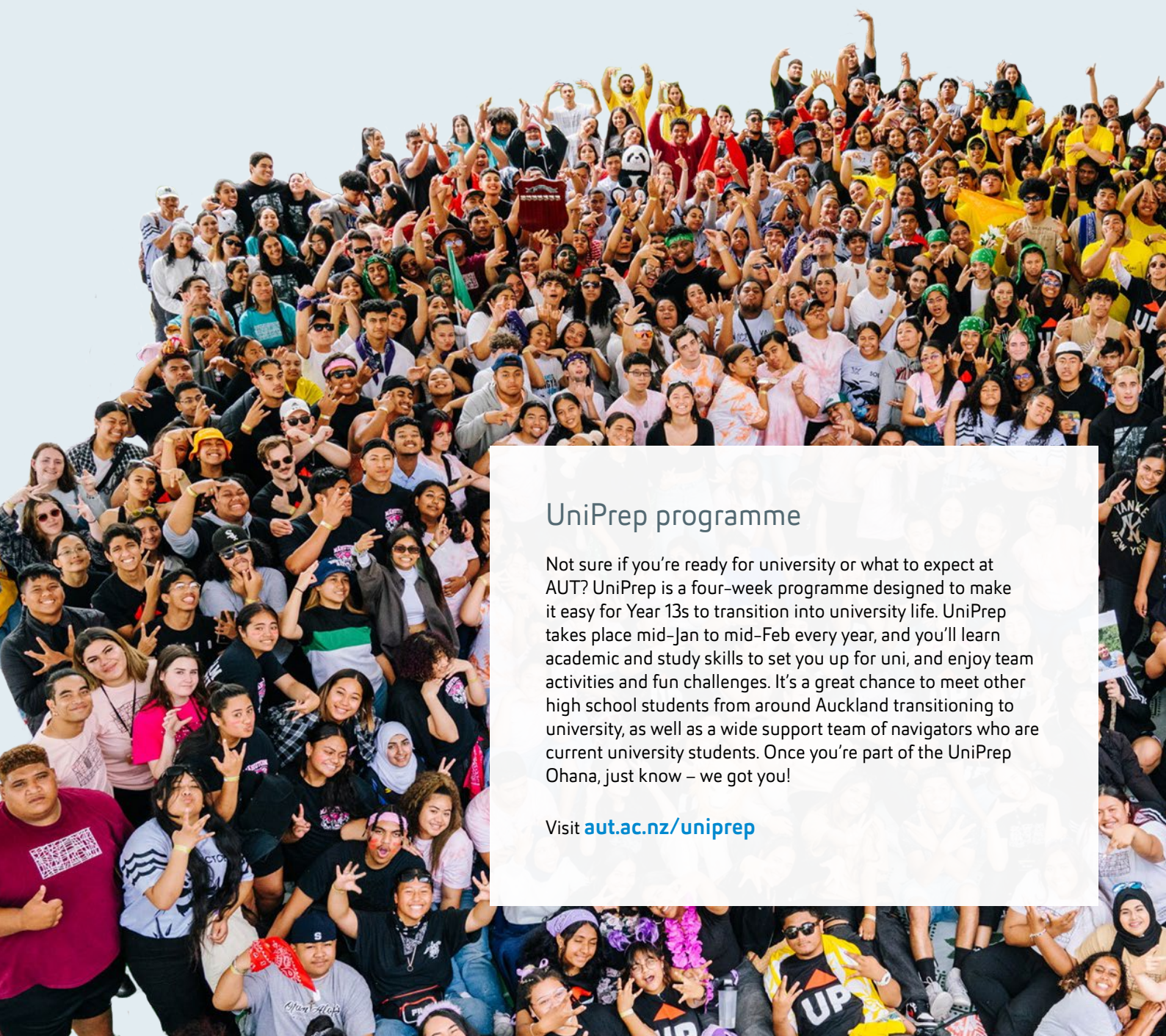
Contact us for information regarding studying at AUT if you're not a citizen or permanent resident of New Zealand or Australia, or a citizen of the Cook Islands, Niue or Tokelau islands.

Visit [aut.ac.nz/int/entryrequirements](https://aut.ac.nz/int/entryrequirements) for entry requirements for specific countries. If you have any questions, you can contact us at [aut.ac.nz/enquire](https://aut.ac.nz/enquire)

## UniPrep programme

Not sure if you're ready for university or what to expect at AUT? UniPrep is a four-week programme designed to make it easy for Year 13s to transition into university life. UniPrep takes place mid-Jan to mid-Feb every year, and you'll learn academic and study skills to set you up for uni, and enjoy team activities and fun challenges. It's a great chance to meet other high school students from around Auckland transitioning to university, as well as a wide support team of navigators who are current university students. Once you're part of the UniPrep Ohana, just know – we got you!

Visit [aut.ac.nz/uniprep](https://aut.ac.nz/uniprep)



# Ngā utu whakauru, ngā karahipi

## FEES & SCHOLARSHIPS

Cost is an important factor when thinking about university study. This page gives you an idea of the approximate tuition fees at AUT, and different options to help you fund your education including scholarships, student loans and allowances.

To give you an idea of approximate costs, the 2023 tuition fees are shown below (based on full-time study and completing 120 points per year). All fees are in NZ dollars and include GST. The 2024 tuition fees will be advertised on [aut.ac.nz/fees](https://aut.ac.nz/fees) as soon as they have been set. You may also need to pay additional fees for course materials or elective courses (check with your faculty if there are additional fees for your programme).

### Domestic student tuition fees

First-time domestic students are entitled to one year of fees free.

#### Undergraduate programmes

**Fee (per year):** \$3,834 (for 60 points) –  
\$10,489 (for 120 points)<sup>1</sup>  
((\$3,297–\$9,415 tuition fees  
+ \$537–\$1,074 student services levy)

#### Postgraduate programmes

##### Bachelor of Sport and Recreation (Honours)

**Fee (per year):** \$10,277 (for 120 points)<sup>1</sup>  
((\$9,203 tuition fees + \$1,074 student services levy)

1. Part-time students pay a proportion of the fee based on the number of academic points they are studying.

### International student tuition fees

#### Undergraduate programmes

**Fee (per year):** \$16,137 (for 60 points)  
– \$38,074 (for 120 points)  
((\$15,600–\$37,000 tuition fees  
+ \$537–\$1,074 student services levy)

#### Postgraduate programmes

##### Bachelor of Sport and Recreation (Honours)

**Fee (per year):** \$41,374 (for 120 points)  
((\$40,300 tuition fees + \$1,074 student services levy)

Please note that you must pay your fees in full by the date specified on your fees invoice.

To find out more about fees call **+64 9 921 9779**  
or **0800 AUT AUT** (0800 288 288).

### Free fees for your university study<sup>1</sup>

Eligible domestic students starting tertiary education receive one year of full-time study fees-free.

To check if you're eligible for fees-free study in 2024 visit [aut.ac.nz/fees](https://aut.ac.nz/fees)

### Student loans and allowances<sup>1</sup>

If you're a full-time domestic student, you may qualify for a student loan or allowance. Student loans and allowances are administered and paid by StudyLink. The application process can take some time, so it's a good idea to apply early. You can apply for a student loan or student allowance before your enrolment at AUT is complete.

To find out more call **0800 88 99 00**  
or visit [studylink.govt.nz](https://studylink.govt.nz)

1. Domestic students only, not available to international students.



## Financial assistance

We know that sometimes things happen and financial stress can impact your academic success. That's why we offer financial support that ranges from offering grocery or fuel vouchers, to helping with that unexpected bill.

## StudyLink

Visit [studylink.govt.nz](https://studylink.govt.nz) for tools, tips and information to help you plan and understand the costs you will have while studying.

## Scholarships and awards

**Scholarships and awards are a great way to fund your university study. There is a wide range of scholarships and awards available to AUT students at all stages of their study including the Welcome to Auckland scholarship and Find Your Greatness scholarship (details below).**

Visit the scholarships website for a full current list of scholarships offered by AUT and external funders, as well as application forms and closing dates. You can also contact AUT's Scholarships Office for advice on scholarships, awards and the scholarship application process.

### 2024 AUT Welcome to Auckland Scholarships

Because we recognise the challenges students may face when moving to Auckland, AUT's three-year Welcome to Auckland scholarships make a contribution towards students' accommodation and study fees. These scholarships recognise high-achieving secondary school students living outside of Auckland who intend to enrol in bachelor's degree study commencing in 2024.

### 2024 AUT Find Your Greatness Scholarships – School Leaver

AUT's Find Your Greatness undergraduate scholarships for school leavers reflect our commitment to creating great graduates. These three-year scholarships recognise students' academic achievement, as well as students' potential leadership ability and contribution to their school or community, cultural pursuits or sport at a representative level.

The Find Your Greatness scholarships are offered in the four categories below for study commencing in 2024:

- Academic Excellence
- All Rounder
- Hiki Ake (Lift Up)
- Kiwa (Māori and Pacific students)

Applicants will be considered in all categories for which they are eligible.

To find out more call **+64 9 921 9837** or visit [aut.ac.nz/scholarships](https://aut.ac.nz/scholarships)

## Accommodation

Check out our student accommodation – a comfortable and convenient option whether you're a first-year or postgraduate student, new to Auckland, or living away from home for the first time. AUT's student accommodation is modern and secure, community just a few minutes' walk away from our City or North Campus. You may even be eligible for a scholarship to go towards your accommodation costs.

Visit  
[aut.ac.nz/accommodation](https://aut.ac.nz/accommodation)





# He pēhea te tono

## HOW TO APPLY

Below is the step-by-step guide to the application process.  
For more information visit [aut.ac.nz/apply](https://aut.ac.nz/apply)

# 1

## APPLY EARLY

Places are limited. Submit your application well before the semester starts.

### APPLYING FOR 2024

- Semester 1
  - apply by 4 December 2023
- Semester 2
  - apply by 6 May 2024

# 2

## COMPLETE THE APPLICATION FORM

- Apply online
- Indicate your programme(s) of choice and major (if known)

International students can also apply using an AUT approved international agent. For a list of AUT registered agents visit [aut.ac.nz/international-agents](https://aut.ac.nz/international-agents)

## SUBMIT YOUR APPLICATION

### WE ACKNOWLEDGE YOUR APPLICATION

- We will send you an acknowledgment email, which explains how to check the status of your application
- We will contact you if we need more information

Ready to apply?  
[apply.aut.ac.nz](https://apply.aut.ac.nz)

## WE ASSESS YOUR APPLICATION

- We assess your application to ensure you have met the entry criteria for the programme(s) you are applying for
- We consider your academic history and relevant experience to ensure you can succeed in your programme
- We let you know if your application has been successful

## POSSIBLE OUTCOMES

**CONFIRMED** We would like to offer you a place to study at AUT

**PROVISIONAL** You have met some of the criteria for entry to your chosen programme of study and we would like to offer you a provisional place to study at AUT. If you don't meet the rest of the requirements, then this offer will be withdrawn

**CONDITIONAL** You have to meet the conditions and approvals listed in your conditional offer to be able to secure a formal offer of place

**DECLINED** If you don't meet the entry requirements or all places are taken, we may offer you an alternative programme

## 3

## ACCEPT YOUR OFFER

It's important that you respond as soon as possible, particularly if you've been offered a place in a programme with limited places.



# Ētahi atu kōrero FIND OUT MORE

aut.ac.nz



## Need some help?

Visit [aut.ac.nz/enquire](https://aut.ac.nz/enquire), ask us your question and we'll call you back. Or you can phone **0800 AUT AUT** (0800 288 288) to speak to one of our friendly advisors. We can help with any questions you may have, and you could also book a course counselling session or a campus tour.

Connect with us now:



## Campuses

### City Campus

55 Wellesley Street East, Auckland Central

### North Campus

90 Akoranga Drive, Northcote, Auckland

### South Campus

640 Great South Road, Manukau, Auckland

## AUT LIVE

Join us at our open day, AUT LIVE, on the City Campus and see everything AUT has to offer to help you make an educated decision about university study.

[aut.ac.nz/live](https://aut.ac.nz/live)









**0800 AUT AUT (0800 288 288)**

Auckland University of Technology

Auckland, New Zealand

[aut.ac.nz](http://aut.ac.nz)

Enquire now

[aut.ac.nz/enquire](http://aut.ac.nz/enquire)

**Connect with us now:**



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