



AUT

SHAPE THE FUTURE OF
SPORT, EXERCISE AND HEALTH

**Study the Bachelor of
Sport, Exercise and Health**



TOP 30
WORLDWIDE
for Sport

Why the Bachelor of Sport, Exercise and Health?

As the sport and exercise sector transforms, so must the knowledge and skills of the future workforce. That's why AUT's Bachelor of Sport, Exercise and Health has recently been revised in response to sector demand.

Carefully considered and informed by industry, the programme offers majors in Health and Physical Education, Sport and Exercise Science, and Sport Leadership and Management. We also offer minors in each of the above, plus exciting new minors in Nutrition and Physical Activity, Outdoor Learning, Sport Interdisciplinary Practice, Sport Performance Science, and Youth Development and Coaching.

Honouring Te Tiriti o Waitangi, our courses have been created acknowledging the place of Mātauranga Māori to ensure a culturally responsive and inclusive approach to learning in sport, exercise and health contexts relevant to Aotearoa New Zealand.

In your final year, you'll do workplace experience meaning you'll graduate with experience and be equipped to start your career with confidence.

QUICK FACTS

LEVEL: 7

POINTS: 360

DURATION: 3 years full-time,
part-time available

CAMPUS: North & South

STARTS: 3 Mar & 21 July 2025

MAJORS

- Health and Physical Education
- Sport and Exercise Science
- Sport Leadership and Management

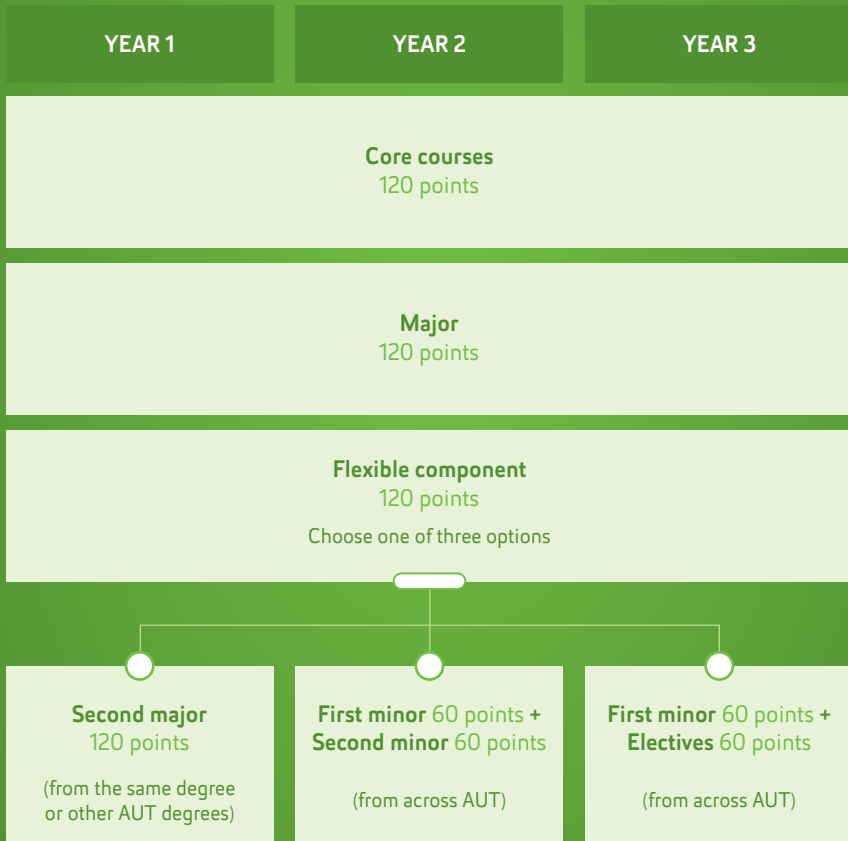
MINORS

- Health and Physical Education
- Nutrition and Physical Activity
- Outdoor Learning
- Sport and Exercise Science
- Sport Interdisciplinary Practice
- Sport Leadership and Management
- Sport Performance Science
- Youth Development and Coaching

Build a degree that fits you

With a flexible structure, you can tailor the Bachelor of Sport, Exercise and Health to your passions and career goals.

As well as selecting your chosen major, double major, and/or minors from the Bachelor of Sport, Exercise and Health degree, you may be able to include subjects from across AUT and study a few different topics you're interested in; all in one three-year degree.



SCAN THE QR CODE TO SEE WHAT
YOUR DEGREE MIGHT LOOK LIKE:



What this degree covers

YEAR 1

You'll complete four core courses all designed to give you foundational knowledge and skills for the sport, health and exercise sector as well as skills in academic writing, critical thinking and presentation of ideas. In both semesters, you'll start to build specialist skills in the courses from your chosen major. You'll also take the first courses for your second major, minor(s) or electives.

YEAR 2

You'll build on the foundations you acquired in Year 1. You'll do four courses from your chosen major and the core course Professional Practice II. For the rest of the year, you'll continue to select courses that contribute to your chosen second major(s), minor(s) or electives.

YEAR 3

You complete the courses for your chosen major(s), minor(s) and electives. You'll also complete your final core course – Sport, Exercise and Health Co-operative Education – which will see you undertake workplace experience in an organisation related to your chosen areas of study. It's a great opportunity to put what you've learnt at university into practice and make valuable industry contacts before you graduate.

MAJORS

HEALTH AND PHYSICAL EDUCATION

Transform lives through impactful and engaging learning experiences in health, physical education and sport with our Health and Physical Education major. You'll develop an understanding of the role of sport, health and physical activities in educational settings, including how to develop curriculum analysis, learning design, inclusive practice and critical thinking skills.



Potential careers:

- Health, physical education and outdoor education teacher
- Sports director/co-ordinator
- Education consultant for sporting organisations
- Sport and physical activity learning advisor
- Kaiwhakahaere working with kōhanga/puna reo
- School wellbeing director

SPORT AND EXERCISE SCIENCE

Enhance human performance through the study of biomechanics, physiology, exercise and health assessment. Within this major you'll explore four themes: strength and conditioning, performance analysis, biomechanics, and exercise physiology. You'll develop expertise in the assessment of an individual's health and exercise tolerance, and how to prescribe appropriate exercise programmes. This major has a strong connection to the AUT Sports Performance Research Institute NZ (SPRINZ).



Potential careers:

- Sport and exercise scientist
- Strength and conditioning coach
- Performance and technique analyst
- Personal trainer
- Clinical exercise physiologist

SPORT LEADERSHIP AND MANAGEMENT

Help shape the future of sport with study in sport leadership and management. In this major you'll gain specialist expertise in sport leadership, management, marketing, entrepreneurship, planning, development, and sports events management all with a focus on how it applies to the sport and health industry. You'll explore how sport can contribute to social change, learn how to develop and manage culturally responsive programmes and pathways for sports organisations, and discover what role digital multimedia can play to drive engagement.



Potential careers:

- Sport development manager (at national, regional, or club level)
- Sports events co-ordinator/manager
- Sports marketing and promotions manager
- Sport sponsorships manager
- Sport and leisure facility manager or programme developer
- Digital and social media content creator (for a sport organisation)
- School sports co-ordinator or sports director

MINORS

NUTRITION AND PHYSICAL ACTIVITY



Make a positive impact on the health of individuals, whānau, communities and populations through nutrition and physical activity. Potential career pathways include healthy lifestyles advisor, health promoter or community health development.

OUTDOOR LEARNING



Enhance wellbeing and environmental sustainability through outdoor activities and develop programmes that remove barriers to participation. This minor pairs well with our Health and Physical Education major, and career pathways include outdoor education teacher, outdoor instructor, outdoor programme co-ordinator or business owner.

SPORT INTERDISCIPLINARY PRACTICE



Gain an understanding of the various aspects of 'sport' that are not necessarily discipline specific, providing flexibility for career prospects for students interested in understanding the value of sport in Aotearoa New Zealand. Career pathways include sport and health promotion and sport management.

SPORT PERFORMANCE SCIENCE



Enable athletes to optimise their training strategies, improve tactical decisions and enhance overall performance through analysis of performance. Career pathways include performance analyst, coach and player development, strength and conditioning, and talent identification.

YOUTH DEVELOPMENT AND COACHING



Contribute to positive experiences and development for young people through development and coaching. This minor pairs well with our Health and Physical Education major, and career pathways include coach development manager, community or high-performance coach, performance analyst and sports co-ordinator.

Our three majors can also be taken as minors.

USEFUL LINKS



SCHOLARSHIPS
aut.ac.nz/scholarships



STUDENT SUPPORT SERVICES
aut.ac.nz/student-life/support-services



FEES
aut.ac.nz/fees



HOW TO APPLY
aut.ac.nz/apply



0800 AUT AUT (288 288)
Auckland University of Technology
Auckland, New Zealand
aut.ac.nz

NORTH CAMPUS
90 Akoranga Drive, Northcote, Auckland

SOUTH CAMPUS
640 Great South Road, Manukau, Auckland

Enquire now
aut.ac.nz/enquire