

2026 Programme Structure and Courses List

Graduate Certificate in Sport, Exercise and Health AK1031				OR	Graduate Diploma in Sport, Exercise and Health AK1032			
15 points LEVEL 5-7	15 points LEVEL 7	15 points LEVEL 7	15 points LEVEL 7	1st Semester	15 points LEVEL 5-7	15 points LEVEL 5-7	15 points LEVEL 5-7	15 points LEVEL 7
*Complete 60 points with at least 45 points at Level 7				2nd Semester	*Complete 120 points with at least 75 points at Level 7			
* 4 courses of choice or less by taking Special Topic courses					*8 courses of choice or less by taking Special Topic courses			

How do I enrol? Please book a meeting with the programme leader via email at sportstudent@aut.ac.nz to discuss your area of interest and choose your courses. You can view the **Course Descriptors and Timetables** by entering the Course Code into the [AUT Course Search](#)

List of Courses

Pre-requisites are courses that must be completed prior to enrolling in subsequent courses. **Co-requisites** are courses that must be completed prior to or at the same time. All those listed are pre-requisites unless indicated as co-requisites.

	Code	Course Name	Pre/Co Requisites	Sem 1	Sem 2
2026 LEVEL 5 YEAR 1	SPOR520	Tauherea taiao ki ngā hunga	Nil		N + S
	SPOR521	Movement Theory to Practice	Nil	N + S	
	LSKL500	Uni101	Nil	N + S	N + S
	SPOR523	Sport, Exercise and Health in Aotearoa NZ	Co-req LSKL500	N + S	N + S
	SPOR524	Sport, Health and Physical Activity in Education	Nil	N+S	
	SPOR525	Introduction to Sport Management and Marketing	Nil	N+S	
	SPOR526	Sport for Social Change	Nil		N+S
	SPOR527	Nutrition and Physical Activity Fundamentals*	Nil		N
	SPOR528	Outdoor Learning for Wellbeing	Nil	N	
	SPSC502	Exercise Physiology I	Nil		N+S
2026 LEVEL 6 COURSES	SPSC503	Applied Anatomy	Nil	N+S	
	NUTR601	Sport & Exercise Nutrition	SPOR527 or SPSC502		N
	SPOR630	Professional Practice II	SPOR522	N	N+S
	SPOR631	Health and Physical Education: Curriculum in Action			N+S
	SPOR632	Skill Acquisition		N+S	
	SPOR633	Sport Entrepreneurship and Events			N+S
	SPOR634	Marketing for Sport		N+S	
	SPOR635	Sport Operations in Practice			N+S
	SPOR636	Nutrition and Physical Activity Behaviour		N	
	SPOR637	Blue Spaces: Connecting to Our Place			N
	SPOR638	Innovative Practices in Outdoor Learning		N+S	
	SPOR639	Youth Sport Development		N+S	
	SPOR640	The Interdisciplinary Sport Practitioner** runs 2027			N+S
	SPSC603	Exercise Prescription and Assessment	SPSC502 or SPSC503	N+S	
	SPSC604	Applied Sports Biomechanics I	SPSC502 or SPSC503		N+S
	SPSC605	Exercise Physiology II	SPSC502	N+S	

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	SPSC607	Performance Psychology			N+S
	SPSC608	Sport Performance Analysis		C	N
	SPSC609	Sports Insights and Visualisation		N+S	
	SPOR628	15-Point Sport, Exercise and Health Special Topic*			
	SPOR629	30-Point Sport, Exercise and Health Special Topic*			
2026 LEVEL 7 COURSES	NUTR701	Lifestyle Nutrition	NUTR501 or SPSC501	N	
	SPOR701	Integrated Coaching Practice	SPOR624		N
	SPOR702	Sport Events and Entrepreneurship	SPOR610 or SPOR614	N + S	
	SPOR705	Leadership in Sport & Recreation	120pts		N + S
	SPOR706	Health & PE Philosophy & Pedagogy	SPOR601, SPOR606		N + S
	SPOR707	Pedagogy & Performance	SPOR609 or SPOR612	N	
	SPOR708	Outdoor Education	SPOR602 or SPOR603 or SPOR619, SPOR609		N
	SPOR709	Sport & Recreation Cooperative I	SPOR608 & SPOR624	N + S	N + S
	SPOR710	Sport & Recreation Cooperative II	SPOR709	N + S	N + S
	SPSC701	Athletic Conditioning	SPSC602, SPSC603, SPSC605		N
	SPSC702	Applied Sports Biomechanics II	SPSC604	N	
	SPSC703	Clinical Exercise Physiology	SPSC603, SPSC605		N
	SPOR713	15-Point Sport, Exercise and Health Special Topic*			
	SPOR714	30-Point Sport, Exercise and Health Special Topic*			

* N = North Campus * S = South Campus * C = City

* Special Topic is a project-based study; no regular class attendance is required. Programme leader approval is required for enrolment.