

The image features two women in athletic wear performing handstands against a green, vertically-ribbed wall. The woman on the left is in a more advanced handstand position, with one leg bent and foot near her head. The woman on the right is in a standard handstand. The background is a vibrant green with a white network of lines and dots overlaid. In the top right corner, the letters 'AUT' are displayed in a white, outlined font on a black rectangular background.

AUT

NEW POSTGRADUATE STUDY OPTIONS WITH

SPORT & RECREATION LAUNCHING 2021



aut.ac.nz/sportrecreation

Master of Sport, Exercise and Health (180 points)

Advance your knowledge of the sport industry and be involved in world-leading research in sport, exercise and health.

KEY FEATURES

- Flexible learning with online teaching and learning, as well as block courses at the North Campus, South Campus or AUT Millennium
- Full-time and part-time options available
- Choose from five specialisations
- Gain advanced knowledge and understanding in your chosen academic field
- Work with leading researchers as part of SPRINZ at AUT Millennium – a world-class facility for the sport industry in New Zealand
- Complete your master's degree in just one year

CHOOSE YOUR AREA OF SPECIALISATION

- Coach and Athlete Development
- Outdoor Learning
- Physical Activity and Nutrition
- Sport Leadership and Management
- Strength and Conditioning

You can also complete this master's degree through a flexi-pathway by choosing from the full range of courses available across the specialisations.

The dissertation is at the heart of the programme and enables you to research a sport, exercise or health topic of your interest, under the guidance of AUT's globally renowned research supervisors. Dissertation supervision may be entirely remote or blended with some face-to-face interaction for those in New Zealand.



**ONE-YEAR
PROGRAMME**



**STUDY
ONLINE¹**



**5
SPECIALISATIONS**

STUDENT PROFILES



"In 2019, I completed a Certificate of Proficiency in Personal Training, and then decided that I wanted to take my qualification further. I could see that AUT's sport and recreation courses are very up-to-date and being delivered by experts in their field."

Christine already has big plans for further postgraduate study with plans to move into a Master of Philosophy in 2021 and eventually a PhD.

Christine Wardle

Postgraduate Certificate in Sport and Exercise student²



"In my experience, AUT treats you as an individual rather than just another number. The lecturers and supervisors are more than happy to help and fully support you. The academic staff have good connections with industry organisations and past students,

which can be of a huge help when trying to get your foot into the door. You also get to do a lot of practical learning and apply what you learn in an industry setting. That experience is second to none."

Angad Marwah

Strength and Conditioning Specialist,
High Performance Sport NZ
Master of Sport and Exercise³

1. The Master of Sport, Exercise and Health can be completed online while some specialisation block courses are on-campus.

2. This programme has been replaced by the Postgraduate Certificate in Sport, Exercise and Health.

3. This programme has been replaced by the Master of Sport, Exercise and Health, which offers a specialisation in Strength and Conditioning.

Postgraduate Certificate in Sport, Exercise and Health (60 points)

If you're not ready to commit to a master's, then this certificate is for you. You can further your understanding of the sport sector in just six months.

KEY FEATURES

- Flexible learning, offered as a mix of online and on-campus block courses
- Full-time and part-time options available
- Choose from a wide range of papers in five specialised areas
- Complete your qualification in just one semester
- Pathway into the Master of Sport, Exercise and Health

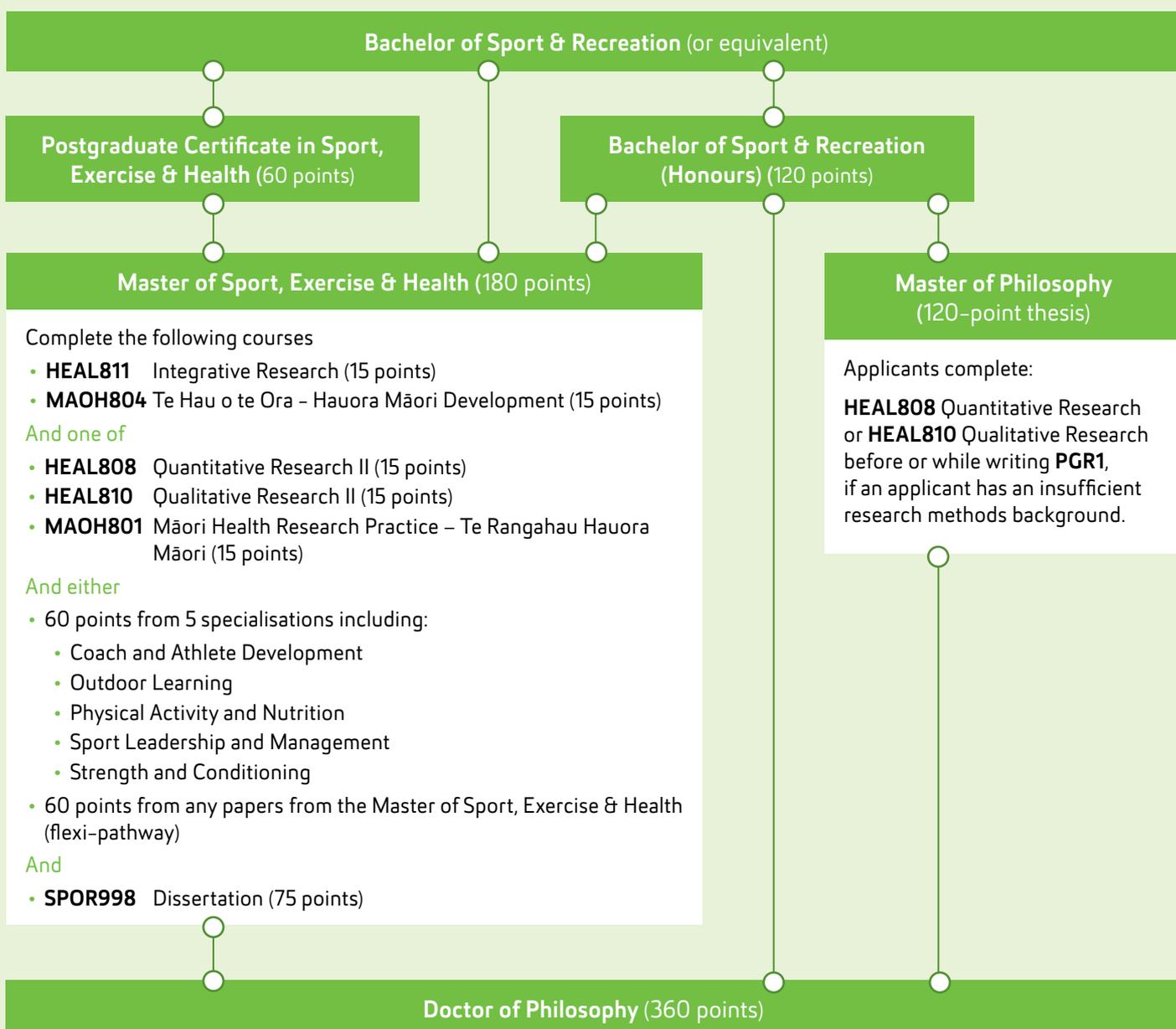
RELATED PROGRAMMES

- Bachelor of Sport and Recreation (Honours)
- Master of Business in Sport Leadership and Management
- Master of Philosophy
- Doctor of Philosophy

Visit aut.ac.nz/sportrecreation for more information on these programmes.

WHAT YOU STUDY

Postgraduate study progression School of Sport & Recreation



AUT SOUTH CAMPUS



AUT NORTH CAMPUS



AUT MILLENNIUM



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MORE INFORMATION

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APPLY

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SPORT & RECREATION IN NZ**