

# SPORT & RECREATION

UNDERGRADUATE  
PROGRAMME GUIDE  
2022

# AUT

TOP  1%  
UNIVERSITIES  
WORLDWIDE

AUCKLAND UNIVERSITY OF TECHNOLOGY



# FIND YOUR GREATNESS

**TICIANA FETTERMANN**  
**MARINE BIOLOGIST**  
AUT GRADUATE

At AUT we know that all of our students arrive with so much potential. It's our job to help them unlock that potential and use it to find the greatness within them. For many of our graduates, it was an influential lecturer, a conversation with a student mentor, or an educational experience inside or outside the classroom that gave them clarity and opened up new possibilities.

Some of our great graduates now share their stories of how their time at AUT helped them uncover what drives them and inspired them to turn that passion into something rewarding and meaningful.

[aut.ac.nz/great-graduates](https://aut.ac.nz/great-graduates)

## 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

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

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

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**Key:** F/T = full-time, P/T=part-time

#### Cover

Top 1%: AUT is ranked in the world's top 251-300 universities (Times Higher Education World University Rankings 2021).

**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.

International students should visit [aut.ac.nz/international](https://aut.ac.nz/international) for entry requirements and detailed application information. The information contained in this programme guide was correct at the time of print, December 2020.

# AUT's faculties and schools

AUT has five faculties and 16 schools. The light green box in the diagram below shows where the programmes in this programme guide sit within AUT.

## **FACULTY OF BUSINESS, ECONOMICS AND LAW**

TE ARA PAKIHI, TE OHANGA ME TE TURE

### **Business School**

Te Kura Kaipakihi

### **Law School**

Te Kura Ture

### **School of Economics**

Matauranga Ohanga

## **FACULTY OF CULTURE AND SOCIETY**

TE ARA KETE ARONUI

### **School of Education**

Te Kura Matauranga

### **School of Hospitality and Tourism**

Te Kura Taurimatanga me te Mahi Tāpoi

### **School of Language and Culture**

Te Kura Reo me te Ahurea

### **School of Social Sciences and Public Policy**

Te Kura Pūtaiao ā-iwi me ngā Kaupapa Tūmatanui

## **FACULTY OF DESIGN AND CREATIVE TECHNOLOGIES**

TE ARA AUAHA

### **School of Art and Design**

Te Kura Toi a Hoahoa

### **School of Communication Studies**

Te Kura Whakapāho

### **School of Engineering, Computer and Mathematical Sciences**

Te Kura Mātai Pūhanga, Rorohiko, Pāngarau

### **School of Future Environments**

Huri te Ao

## **FACULTY OF HEALTH AND ENVIRONMENTAL SCIENCES**

TE ARA HAUORA A PŪTAIAO

### **School of Clinical Sciences**

Te Kura Mātai Haumanu

### **School of Public Health and Interdisciplinary Studies**

### **School of Science**

Te Kura Pūtaiao

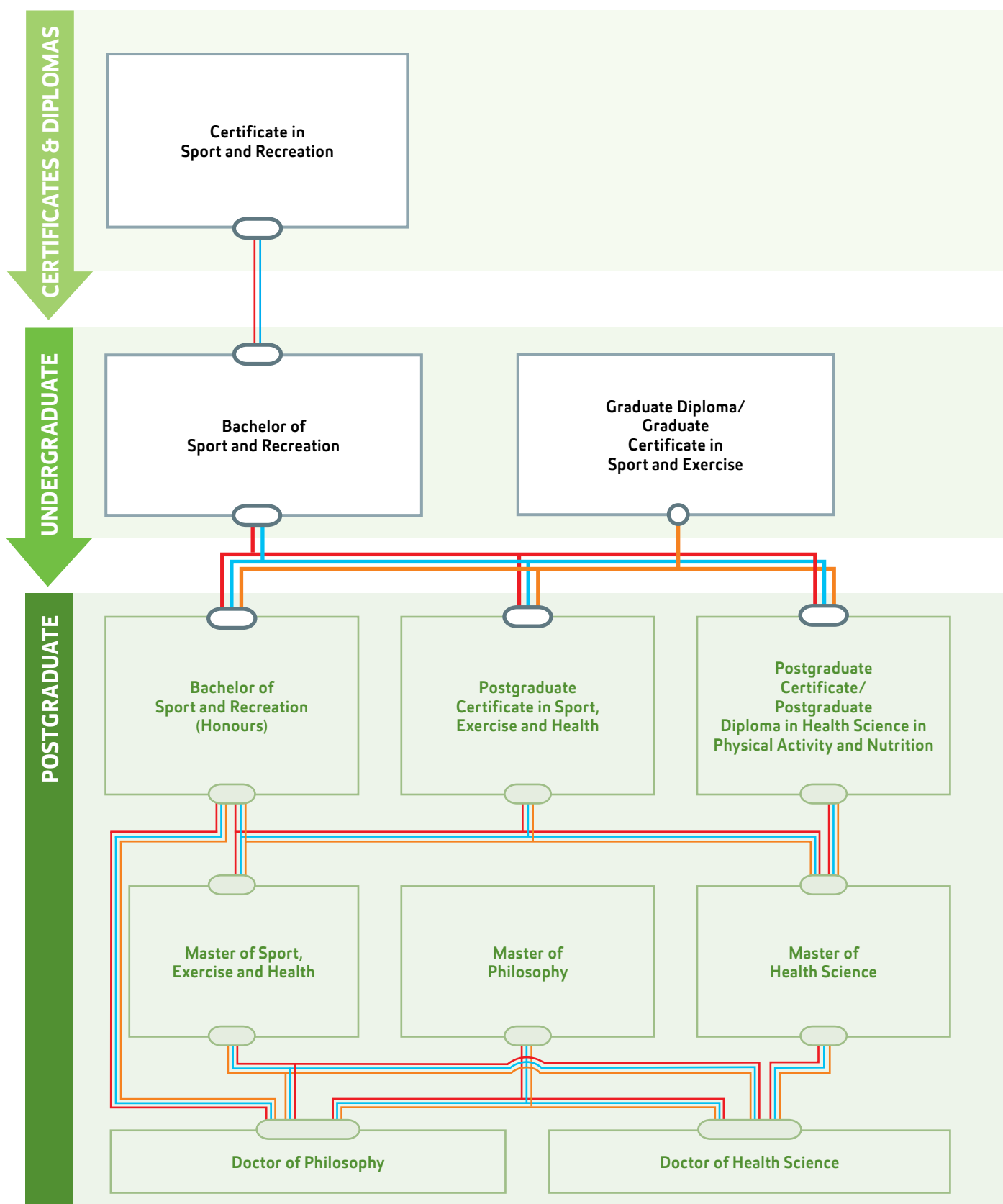
### **School of Sport and Recreation**

Te Kura Hākinakina

## **TE ARA POUTAMA**

FACULTY OF MĀORI AND INDIGENOUS  
DEVELOPMENT

# Qualifications and study pathways



## Note:

- 1) Completion of one qualification doesn't guarantee entry to a higher-level qualification.
- 2) Apply for the qualification you are best suited for – you don't necessarily have to enrol in the qualification that appears at the top of the above diagram.
- 3) Some qualifications in the above diagram may be prerequisites to – and not credit towards – higher-level qualifications.

This information was correct at the time of print. For the most up-to-date information refer to the AUT website [aut.ac.nz/sportrecreation](https://aut.ac.nz/sportrecreation)

# WHY STUDY SPORT & RECREATION?



**TOP 35**  
WORLDWIDE  
for Sport



**AUT MILLENNIUM**

Home of NZ's leading sport  
and fitness facility, AUT  
Millennium



**NZ'S TOP RANKED**  
UNIVERSITY for  
sport & exercise  
science research





- 1 You can also study the Bachelor of Sport and Recreation at our South Campus 2 AUT Millennium is NZ's leading sport and fitness facility  
3 Our researchers work with leading organisations and athletes to challenge current practices

## A world-class university environment

We're proud to be one of the world's best modern universities – Times Higher Education has ranked us as the top millennial university in Australasia and among the top 1% of universities in the world. The Academic Ranking of World Universities places AUT's School of Sport and Recreation as the top-ranked sport science school in New Zealand, and the QS World University Rankings place us in the top 35 universities in the world for sports. Study with us and you not only learn academic knowledge related to your discipline but also gain valuable experience of the wider world. 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 in the sport and recreation industry.

## Creating world-ready graduates

AUT's mission is to create great graduates, and each member of our staff contributes to this. We offer exceptional learning experiences that prepare students to be successful wherever in the world their career may take them. AUT is known for creating world-ready graduates, and our students 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.

## World-leading academic staff

Our academic staff are research-active and at the forefront of their disciplines. Many of them are internationally known as experts in their fields, and organisations around the world draw on their expertise for key projects. Professor Patria Hume, for example, was a world-class rhythmic gymnast and is now a leading expert in sport biomechanics, and one of only 14 certified criterion anthropometrists in the world. Professor Grant Schofield, director of the Human Performance Centre at AUT Millennium, was appointed by the Ministry of Education to share his expertise in public health through his role as the inaugural chief education health and nutrition adviser. Professor Erica Hinckson had a highly successful athletics career in the US, and as the head of the School of Sport and Recreation she now shares her passion for physical activity and the environment with students.

## Innovative and relevant research

AUT is ranked first in New Zealand for global research impact by Times Higher Education, and our researchers work with leading organisations and athletes to challenge current practices. This collaboration often leads to the discovery of new and innovative techniques – discoveries our staff then bring into the classroom to share with you. Our researchers work at New Zealand's high performance sport and health facility, AUT Millennium, helping athletes perform at the very top of their ability and exploring new ways to improve sport and health. If you go on to postgraduate study in sport and recreation you could find yourself at AUT Millennium working on key national projects.

## Life at AUT

**AUT is a modern and innovative university with endless opportunities and a supportive culture that celebrates diversity. Studying at AUT is your chance to meet new people and develop lifelong skills, while getting the support you need to succeed at university and beyond.**

We're proactive in enabling all students to succeed, and our comprehensive student support services ensure that you have an amazing experience inside and outside the classroom.

### We're here to help

No matter what the problem, our Student Hub advisors are here to help. You can find a Student Hub on each campus and our specialist staff can help with anything from enrolment and student ID cards to academic and personal support, fees and financial support, and services for our diverse student communities including the international, disability and rainbow community.

### Dedicated support for new students

From Orientation to our many academic and cultural support programmes, our Student Services team is there to make starting out as a new student as easy as possible.

## Supporting you into your future career

The AUT Employability and Careers team prepares you for your future career by developing job search, interview and networking skills, building your personal brand and more.

### Connections to the workplace

We run a full programme of employer presentations, events and workshops throughout the year – on campus and online – with employers offering insights into their industries and recruiting future employees. Four graduate job boards, including an international one, offer great work opportunities for AUT graduates and interns.

### Gain an edge on the competition

The AUT Edge and Beyond AUT Awards help you gain an extra edge in the competitive marketplace by developing highly employable skills through volunteering, leadership and employability activities.

### International study opportunities

An international student exchange offers an amazing opportunity to study overseas as part of your degree. Study for a semester or a year at one of our partner universities around the world, immerse yourself in another culture, make lifelong friends and get international experience before you graduate.





## Helping you succeed in your studies

Our library and learning support team offers a wide range of services and resources designed to help develop your academic skills.

The Library also runs a range of workshops to help you get the most out of your studies, and our peer mentoring programme provides academic support from others who have already completed the same course.

## Top internships around the world

A good internship can be the foundation of a great career. That's why AUT Internz places students and graduates with top companies in New Zealand, North America, Asia and the UK – including Paramount Recording Studios, the Sundance Institute and Westpac Institutional Bank in New York.

## A launchpad for entrepreneurs

Every entrepreneur starts somewhere.

At AUT, the best place for aspiring entrepreneurs is CO.STARTERS@AUT. This ten-week programme helps you turn your entrepreneurial ideas into a viable business.

## An outstanding learning environment

At AUT you study in an innovative and interactive environment that embraces creativity, collaboration, and the sharing of ideas and culture. A number of our buildings have won prestigious architecture awards, and we're constantly improving our built environment to offer students the best possible learning experience.

## Free access to digital tools and resources

We offer students all the digital tools needed to succeed, including free wifi on campus, the full Office 365 suite for up to five devices and free access to LinkedIn Learning, a world-leading online learning platform.

## Getting involved in campus life

Joining a club is a great way to meet like-minded people and make lifelong friends outside of lectures. Choose from a range of student-run social, sustainability, academic and cultural clubs – a great way to meet new people, participate in events and get involved in campus life.

## Play sport or join the gym

AUT is New Zealand's leading sports university, with state-of-the-art sports facilities, on-campus gyms, and a huge number of sports teams and events. As an AUT student you can participate in a wide variety of sports, from social on-campus games to elite international competitions.

## Holistic approach to wellness

AUT offers comprehensive medical, and counselling and mental health services. We also run Bright Side events where students can develop better self-knowledge and a greater sense of purpose and meaning in their lives.

## Disability student support and resources

Our Disability Support team is committed to helping you participate as fully as you can in learning and student life. We work with students before they start at AUT to help identify their specific needs and ensure they're set up for success.

## Getting around

Whether it's finding your way to campus or getting around between lectures, AUT offers a range of resources to help you navigate your new environment, including shuttle buses that travel between campuses and interactive online maps.

## Safe and friendly campuses

We make sure our students are safe when they're on campus. Our friendly security staff are available day and night to help if you have any concerns.



# Bachelor of Sport and Recreation [ BSR | AK3521 ]

## Overview

### QUICK FACTS

|           |                                    |
|-----------|------------------------------------|
| Level:    | 7                                  |
| Points:   | 360                                |
| Duration: | 3 years F/T, P/T available         |
| Campus:   | North & South <sup>1</sup>         |
| Starts:   | 28 Feb & 18 July 2022 <sup>2</sup> |



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

"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. 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. Those are some real special times reconnecting."

<sup>\*</sup>The Physical Activity and Nutrition major is now called Exercise Science and Nutrition.

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.

### Entry requirements

#### Minimum entry requirements

- University Entrance or equivalent
- Must be capable of meeting 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 our Certificate in Sport and Recreation

### Majors

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

You can choose your major at the end of this year. You can also study a double major, add a minor or complete the degree without a major, which gives you the flexibility to select a range of courses of interest from across all of our majors.

### What this qualification covers

Refer to the course planner on page 10 for the courses you'll take over three years.

#### Year 1

All students do the same courses this year, so you don't need to choose a major when you apply for the Bachelor of Sport and Recreation.

#### Year 2

This year includes two work placements of 30 to 40 hours in different organisations. You also complete major and optional papers in your area(s) of interest.

### Year 3

In Year 3, you complete the final major and optional courses in your area(s) of interest. You also spend between 350 and 400 hours working with an organisation, including a specific project related to your studies. This takes approximately two days per week. It's a great way to get industry experience while still being able to get feedback from AUT lecturers, and for many of our students this workplace experience also leads to a job offer.

### Double your career options

Today, standing out from the crowd is more important than ever. Double degrees, additional majors and minors double your knowledge and opportunities, but don't necessarily take double the time to complete.

#### Double degrees

Double degrees enable you to study two degrees at the same time. 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.

### Study the Bachelor of Sport and Recreation & Bachelor of Business

As business and sport environments become more complex, professionals with skills in both areas are increasingly in demand. Professionals involved in the business and management aspects of sport are juggling the needs of athletes with the demands of commercial sponsors, media organisations and government. You'll learn from highly respected academics and prepare yourself for the challenges and rewards of a career in business or sport.

#### Second majors and minors

Adding another major or a minor allows you to study another area that interests you from a wide range of subjects, so long as your timetable permits. You can combine any two of our sport and recreation majors into a double major, and tailor your degree to your interests. Minors in Health and Physical Education, Outdoor Education, Sport and Exercise Science, Sport Coaching and Sport Management are also available. Or you can choose from a wide range of additional majors or minors from other degrees offered at AUT. Taking an additional major or a minor may increase the number of courses required and extend your degree beyond three years.

AUT encourages early application. Places are limited.

1. All courses and majors are offered at the North Campus. All first-year courses and the standard pathway are also available at the South Campus.
2. Students starting in July may require an additional semester to complete some majors.



AUT ranks #1 in  
New Zealand for  
sport science



#### Alvin Cheung

ActivAsian Development Manager,  
Harbour Sport  
Bachelor of Sport and Recreation &  
Bachelor of Business

"I initially began with my sport and recreation degree as I have a real passion for sports, and then picked up a Bachelor of Business to advance my understanding of the business model of sports, and challenge my personal and professional development. The workplace experience that is part of the AUT degrees really stood out for me, and I was very happy with my decision to study at AUT. My role now requires me to oversee and develop the ActivAsian initiative within Harbour Sport. My responsibilities include creating opportunities, sourcing funding, securing sponsorships, implementing strategies and leading the wider ActivAsian team. On top of that I also assist the organisation with cultural competency and engagement. Knowing the impact our team and the organisation can create for the community is what keeps me fired up and motivated each and every day."



For more details visit [aut.ac.nz/sportrecreation](https://aut.ac.nz/sportrecreation)

## Course planner

You need to complete a total of 360 points to gain a Bachelor of Sport and Recreation. You usually complete 120 points per year.

| MAJORS                                 | LEVEL 5 (Year 1)  | LEVEL 6 (Year 2 & 3)                         | LEVEL 7 (Year 2 & 3)                                  |
|--|---|--|---|
|  | Semester 1  |  |   |
| Compulsory core courses for all majors | Knowledge, Enquiry and Communication  | Law and Ethics in Sport and Recreation       | Sport and Recreation Cooperative I                    |
|  | Leadership in Sport and the Outdoors  | Group and Individual Behaviour               | Sport and Recreation Cooperative II                   |
|  | Sport and Exercise Science Fundamentals   | Evidence Based Practice                      |   |
|  | Skill Learning in Sport and Recreation  |  |   |
|  | Semester 2  |  |   |
|  | Innovative Planning in Sport and Recreation   |  |   |
|  | Sport and Recreation in Aotearoa/New Zealand  |  |   |
|  | Contemporary Issues in Sport and Recreation   |  |   |
|  | PLUS 1 OF:<br>Health and Environment<br>Human Anatomy and Physiology I <sup>1</sup><br>Lifespan Development and Communication |  |   |
|  |   |  |   |
| Standard pathway                       | See above   | Plus optional/elective papers <sup>2</sup>   | Plus optional/elective papers <sup>2</sup>            |
| Coaching                               | See above   | Analysing Performance                        | Pedagogy and Performance                              |
|  |   | Teaching, Leading and Coaching               | Integrated Coaching Practice                          |
|  |   | Skill Acquisition and Sport Psychology       | PLUS 2 optional/elective papers                       |
|  |   | PLUS 2 optional/elective papers              |   |
| Exercise Science & Nutrition           | See above   | Exercise Prescription and Assessment         | Lifestyle Nutrition                                   |
|  |   | Exercise Physiology                          | Clinical Exercise Physiology                          |
|  |   | Applied Anatomy                              | PLUS 2 optional/elective papers                       |
|  |   | Sport and Exercise Nutrition                 |   |
|  |   | Sport, Health and Wellbeing                  |   |
| Health & Physical Education            | See above   | Teaching, Leading and Coaching               | Pedagogy and Performance                              |
|  |   | Sport, Health and Physical Education Studies | Health and Physical Education Philosophy and Pedagogy |
|  |   | Sport, Health and Wellbeing                  | PLUS 2 optional/elective papers                       |
|  |   | Skill Acquisition and Sport Psychology       |   |
|  |   | Applied Sports Biomechanics I                |   |
|  |   |  |   |

The information about courses in this degree was correct at time of print, but may be changed in the future. For the most up-to-date information visit [aut.ac.nz/sportrecreation](http://aut.ac.nz/sportrecreation)



|                          |           |  |  |
|--------------------------|-----------|--|--|
| Management               | See above | Sport Management                             | Leadership in Sport and Recreation                                   |
|                          |           | Sport Finance                                | Entrepreneurship in Sport and Recreation                             |
|                          |           | Sport Marketing                              | PLUS 2 optional/elective papers                                      |
|                          |           | Sport Development                            |  |
|                          |           | PLUS 1 optional/elective paper               |  |
| Outdoor Education        | See above | Maunga-Ngahere: Mountains and Bush           | Outdoor Education  |
|                          |           | Roto-Awa: Lakes and Rivers                   | Pedagogy and Performance OR Entrepreneurship in Sport and Recreation |
|                          |           | Motu-Moana: Islands and Sea                  |  |
|                          |           | Teaching, Leading and Coaching               |  |
|                          |           | Contemporary Approaches to Outdoor Education |  |
| Sport & Exercise Science | See above | Exercise Prescription and Assessment         | Applied Sports Biomechanics II                                       |
|                          |           | Exercise Physiology                          | Athletic Conditioning  |
|                          |           | Applied Anatomy                              | PLUS 2 optional/elective papers                                      |
|                          |           | Sport and Exercise Nutrition                 |  |
|                          |           | Applied Sports Biomechanics I                |  |

1. This paper is required for the Exercise Science and Nutrition, Health and Physical Education, and Sport and Exercise Science majors.

2. Standard pathway: In addition to the core papers, you need 135 points from papers in the Bachelor of Sport and Recreation, including at least 105 points at level 6 or above and at least 30 points at level 7. You may substitute up to 60 points with papers from any other bachelor's degree with the approval of the programme leader.



### Julia Herbst

Head Analyst, Vantage  
Black Sticks Men's National  
Hockey Team, Hockey  
New Zealand  
Postgraduate Diploma in Sport  
and Exercise  
Bachelor of Sport and Recreation

"What I enjoy most about this role is the opportunity to build an analysis framework at Hockey New Zealand, which has never been done before. I also like the challenges that face me on each tour we go on. I really like the diverse cultures we experience each time we're away, and I enjoy working with a great team of management; all like-minded people who love what they do."

"I initially thought I would end up working in high performance sport physio, but then I found my passion for analysis and analysing performance in a sports setting when I took the paper Analysing Performance. Eventually this passion led me to my current role at Hockey New Zealand."

"I chose to study at AUT because of the hands-on practical experience I was told about at an information evening about the degree when I was still in secondary school. I loved how much workplace experience and real-life practical experience we got."

"I would definitely recommend the sport programmes. AUT has great lecturers, great university staff who can offer advice if you need it, great workplace experience as part of your studies and a great environment to study in."

## Bachelor of Sport and Recreation

### Standard pathway

Love sport and recreation, and want to study courses from across our majors? Tailor your study to your interests with the flexible Bachelor of Sport and Recreation standard pathway, and select courses from different disciplines within sport and recreation.

#### Year 1

All students do the same compulsory courses this year (see page 10) before selecting a major at the end of the year.

#### Year 2

Courses you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- Plus five optional/elective courses from the Bachelor of Sport and Recreation or other AUT degrees<sup>1</sup>

#### Year 3

Courses you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Plus four optional/elective courses

### Workplace experience

In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education courses.

### Career opportunities

This pathway prepares you for a wide range of career opportunities, depending on your interests and the courses you select.

1. Up to 60 points can be from courses from other AUT degrees (with the approval of the programme leader).

# Bachelor of Sport and Recreation Coaching

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. The Coaching major 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

### Year 1

All students do the same compulsory courses this year (see page 10) before selecting a major at the end of the year.

### Year 2

You complete three core courses (see page 10) as well as:

- Analysing Performance
- Teaching, Leading and Coaching
- Skill Acquisition and Sport Psychology
- Plus two optional/elective courses

This year also includes two work placements, designed to introduce you to the workplace and help you identify where you want to complete your third-year workplace experience.

### Year 3

You complete two core courses (see page 10) as well as:

- Pedagogy and Performance
- Integrated Coaching Practice
- Plus two optional/elective courses

## Workplace experience

In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education courses. Recent placements included Vodafone Warriors, Kelly Sports, Northern Football Federation, Aktive Auckland, SoccerPlusNZ and Rangitoto College.

## 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.



### Scott Lewis

Community Coach Advisor,  
Sport Auckland  
Bachelor of Sport and Recreation  
in Coaching

"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.

"Completing the second-year Analysing Performance paper led by Dr Kirsten Spencer was a real 'lightbulb' moment and gave rise to my amazing workplace experience at the Vodafone Warriors, within the performance analysis department. Having the opportunity to be a part of the team, work with industry-leading software and technology, and link in theoretical concepts to my duties deepened my desire to work within the sport industry.

"Another amazing moment was in my third-year Integrative Coaching course. Discovering the concept of coach development, and linking in all knowledge on coaching theory and experience was very inspiring. This has consequently fuelled my passion to contribute to this very influential line of work.

"I've been fortunate enough to gain experience in a range of environments, including at the Vodafone Warriors, New Zealand Football, New Zealand Rugby League, Mount Roskill Grammar School and Auckland United FC. I feel that being able to apply my learnings in a practical setting has made all the difference in the world."



### **Katrina Sharlott**

Applied Researcher, Lululemon,  
Vancouver, Canada  
Bachelor of Sport and Recreation in  
Exercise Science and Management

"AUT enables students to set themselves up for a bright future in the industry. Industry practice is so valuable once you graduate. You don't realise until after you've graduated how important this part of your study is in giving you a head start once you graduate. This was one of the reasons I chose AUT – it bridges the gap between academic studies and industry practice.

"My third-year workplace experience was the highlight for me. This was largely self-directed and gave me the opportunity to apply to any workplace I wanted to see myself in the future, and seek out placement opportunities in my field. I really made the most of making connections within the sport and recreation industry.

"The AUT Internz programme is life-changing for students. AUT is one of the only universities that offers these kinds of international connections to recent graduates, and this opportunity might shape the rest of your career.

"After graduating at the end of 2018, I'm now working for Lululemon in Vancouver. Whitespace is a research and innovation lab looking after what I would call 'the future of Lululemon'. We have a lot of state-of-the-art technology for conducting large business-shaping research studies, and with so many different projects on the go every day here is different and exciting."

## Bachelor of Sport and Recreation Exercise Science and Nutrition

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. The Exercise Science and Nutrition major covers the skills to make a difference and help people make healthier choices. This major is supported by the AUT Human Potential Centre, a research centre for physical activity and nutrition based at AUT Millennium.

### What this major covers

#### Year 1

All students do the same compulsory courses this year (see page 10) before selecting a major at the end of the year.

#### Year 2

You complete three core courses (see page 10) as well as:

- Exercise Prescription and Assessment
- Applied Anatomy
- Exercise Physiology
- Sport and Exercise Nutrition
- Sport, Health and Wellbeing

This year also includes two work placements, designed to introduce you to the workplace and help you identify where you want to complete your third-year workplace experience.

#### Year 3

You complete two core courses (see page 10) as well as:

- Lifestyle Nutrition
- Clinical Exercise Physiology
- Plus two optional/elective courses

### Workplace experience

In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education courses.

### Career opportunities

- Active Communities, Active Families, Active Schools or Green Prescription co-ordinator
- Clinical exercise physiologist
- Community health development co-ordinator
- Health promotion officer



# Bachelor of Sport and Recreation

## Health and Physical Education

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. This major is unique, integrating hauora, health promotion and the socio-ecological aspects that support health and physical education in New Zealand schools.

### What this major covers

#### Year 1

All students do the same compulsory courses this year (see page 10) before selecting a major at the end of the year.

#### Year 2

You complete three core courses (see page 10) as well as:

- Teaching, Leading and Coaching
- Health and Physical Education Principles and Practices
- Sport, Health and Wellbeing
- Skill Acquisition and Sport Psychology
- Applied Sports Biomechanics I

This year also includes two work placements, designed to introduce you to the workplace and help you identify where you want to complete your third-year workplace experience.

#### Year 3

You complete two core courses (see page 10) as well as:

- Pedagogy and Performance
- Health and Physical Education Philosophy and Pedagogy
- Plus two optional/elective courses

### Workplace experience

In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education courses. 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



#### Bruce Alison

Head of Health and Physical Education / Dean, Otamatea High School  
Bachelor of Sport and Recreation in Health and Physical Education

"I started out thinking that I wanted to be a personal trainer because I really liked the idea of helping people with their fitness goals. When it was time to choose a university, I checked out AUT online and it had good facilities and the subject options within the sport degree looked interesting.

"In my first year at AUT, we had a local intermediate school come to the gym and we coached them in various sports. After that, I changed a couple of my papers and decided to completely focus on health and physical education as a career. I haven't looked back. As part of my degree, I also did some research projects in schools and they set me up with connections that helped me get my first teaching job.

"As a teacher, I work with great people who are passionate about their work, but to be honest it's the kids that keep me on my toes. Working with young people can be hard at times but those lightbulb moments happen. Seeing my students grow into capable and confident young men and women is an absolute blessing; one I count myself lucky to be part of."

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



### Chynna Laughton

Event Manager, Eden Park  
Bachelor of Sport and Recreation  
in Management and Bachelor of  
Business in Marketing

"I've always been passionate about sport but I couldn't really see myself as a PE teacher or a sports coordinator. In my fourth year at AUT, I was completing workplace experience at Eden Park and after only a short time in my placement I was sure I had found my future job. Prior to completing my workplace experience at Eden Park I hadn't been aware that such exciting roles existed.

"I was already dreaming of becoming Eden Park's event manager when I was doing my workplace experience, but I thought that it would be a very long time until I was offered the opportunity. However, thanks to the significant experience I gained at New Zealand's national stadium, and with the support of our Executive Leadership Team, I progressed to the event manager role after two years at Eden Park and have never looked back.

"The 2015 Cricket World Cup was my first major event where I held a key role, and every game was unforgettable for me, especially the semi-final where the BLACKCAPS faced South Africa. Delivering my first All Blacks test match in 2018 was another personal highlight as I was tasked with ensuring 46,000 patrons entered, exited and enjoyed the match safely that evening."

## Bachelor of Sport and Recreation Management

Management skills are needed across the sport and recreation industries. You develop expertise in sport management, marketing, facilities and events management, 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

#### Year 1

All students do the same compulsory courses this year (see page 10) before selecting a major at the end of the year.

#### Year 2

You complete three core courses (see page 10) as well as:

- Sport Management
- Sport Finance
- Sport Marketing
- Sport Development
- Plus one optional/elective course

This year also includes two work placements, designed to introduce you to the workplace and help you identify where you want to complete your third-year workplace experience.

#### Year 3

You complete two core courses (see page 10) as well as:

- Leadership in Sport and Recreation
- Entrepreneurship in Sport and Recreation
- Plus two optional/elective courses

### Workplace experience

In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education courses. Recent placements included the Halberg Disability Sport Foundation, Total Sport (event management), various NSOs, school sports departments, The GEMBA Group and Nike NZ.

### Career opportunities

- Community and sports events co-ordinator
- Sales and marketing executive
- School sports co-ordinator
- Sponsorship manager

# Bachelor of Sport and Recreation

## Outdoor Education

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

#### Year 1

All students do the same compulsory courses this year (see page 10) before selecting a major at the end of the year.

#### Year 2

You complete three core courses (see page 10) as well as:

- Maunga-Ngahere: Mountains and Bush
- Roto-Awa: Lakes and Rivers
- Motu-Moana: Islands and Sea
- Teaching, Leading and Coaching
- Contemporary Approaches to Outdoor Education

This year also includes two work placements, designed to introduce you to the workplace and help you identify where you want to complete your third-year workplace experience.

#### Year 3

You complete two core courses (see page 10) as well as:

- Outdoor Education
- Pedagogy and Performance
- OR Entrepreneurship in Sport and Recreation

### Workplace experience

In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education courses. Recent placements included Bigfoot Adventures, Camp Adair, Dilworth School Rural Campus and Sir Peter Blake Marine Education Recreation Centre (MERC).

### Career opportunities

- Adventure consultant or educator
- Corporate development trainer
- Commercial guide
- Outdoor education instructor or teacher

#### Dave Williams

Head of the Outdoor Education Department, Botany Downs Secondary College  
Graduate Diploma in Secondary Teaching  
Bachelor of Sport and Recreation in Outdoor Education

"I chose to study sport and recreation at AUT because of its highly esteemed outdoor education department. I loved all of the outdoor trips we did as part of our studies, and the relationships I built with our lecturers and fellow students. I was able to form lifelong bonds and cherish these relationships. I also appreciated that AUT is constantly reinventing itself and challenging what 'the norm' is in the industry.

"The outdoor philosophy course inspired me to think more about the 'why' of outdoor education and not just focus on doing the pursuits. I knew then that one day I wanted to become a lecturer and teach others about the outdoors.

"What I enjoy most about my role as the head of the Outdoor Education Department at Botany Downs Secondary College is being able to build relationships using outdoor pursuits as the vehicle. My career highlight so far was reaching Mt Everest Base camp with 23 secondary students.

"All of the skills I learned at AUT have helped mature me into the facilitator I am today, which has enabled me to transfer my knowledge and passion onto others."





### Dr Chloe McKenzie

Strength and Conditioning  
Coach, High Performance  
Sport New Zealand /  
Owner, Next Level Netball  
Doctor of Philosophy  
Master of Sport and Exercise  
Postgraduate Diploma in Sport and Exercise  
Bachelor of Sport and Recreation in Sport  
and Exercise Science

"I'm working with High Performance Sport New Zealand (HPSNZ) as a strength and conditioning coach, which includes working with the Northern Stars netball franchise. I also have my own business, Next Level Netball, which provides strength and conditioning services to netball teams and individual players in secondary schools.

"I love working with athletes and helping them get to where they want to be. The most rewarding part about the job is seeing the athletes I'm working with achieve their goals and improve on something they've been working towards.

"I was involved in many different sports growing up, and I decided to follow that passion and make a career out of it. I enrolled at AUT because it was the best choice for me to do so. AUT is a modern, forward-thinking university with a strong emphasis on integrating theory with practice and strong connections with the sports industry.

"Throughout my studies, I've enjoyed building my network, and making connections with people within the sports industry, particularly in strength and conditioning. One of the highlights for me was my third-year workplace experience, which I completed with a national sporting organisation. It opened up many doors for me."

## Bachelor of Sport and Recreation Sport and Exercise Science

This major 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

#### Year 1

All students do the same compulsory courses this year (see page 10) before selecting a major at the end of the year.

#### Year 2

You complete three core courses (see page 10) as well as:

- Exercise Prescription and Assessment
- Exercise Physiology
- Applied Anatomy
- Sport and Exercise Nutrition
- Applied Sports Biomechanics I

This year also includes two work placements, designed to introduce you to the workplace and help you identify where you want to complete your third-year workplace experience.

#### Year 3

You complete two core courses (see page 10) as well as:

- Applied Sports Biomechanics II
- Athletic Conditioning
- Plus two optional/elective courses

### Workplace experience

In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education courses.

Recent placements included High Performance Sport New Zealand and AUT Millennium, various NSOs, Emirates Team New Zealand, Les Mills and YMCA, New Zealand Police and Northern Mystics Netball.

### Career opportunities

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



# Certificate in Sport and Recreation

CertSR | AK3761

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) 5.5 overall with all bands 5.0 or higher; or equivalent.

## What this qualification covers

You need to complete four courses:

- Health and Wellbeing
- The Business of Sport and Recreation
- Introduction to Coaching Practice
- Introduction to Sports Science Principles

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

AUT encourages early application. Places are limited<sup>1</sup>.

## QUICK FACTS

|           |                        |
|-----------|------------------------|
| Level:    | 4                      |
| Points:   | 60                     |
| Duration: | ½ year F/T, 1 year P/T |
| Campus:   | North & South          |
| Starts:   | 28 Feb 2022            |

<sup>1</sup> We encourage you to apply as soon as applications are open. Once we have received your application, we may ask you to provide further information. Your application can only be assessed when you have provided all of the information requested.



## Graduate Diploma in Sport and Exercise

## QUICK FACTS

|           |                               |
|-----------|-------------------------------|
| Level:    | 7                             |
| Points:   | 120                           |
| Duration: | 1 year F/T, up to 3 years P/T |
| Campus:   | North & South <sup>1</sup>    |
| Starts:   | 28 Feb & 18 July 2022         |

## Graduate Certificate in Sport and Exercise

## QUICK FACTS

|           |                               |
|-----------|-------------------------------|
| Level:    | 7                             |
| Points:   | 60                            |
| Duration: | ½ year F/T, up to 2 years P/T |
| Campus:   | North & South <sup>1</sup>    |
| Starts:   | 28 Feb & 18 July 2022         |

## Graduate Diploma in Sport and Exercise

GradDipSp&amp;Ex | AK1032

## Graduate Certificate in Sport and Exercise

GradCertSp&amp;Ex | AK1031

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.

The Graduate Diploma in Sport and Exercise and Graduate Certificate in Sport and Exercise are an effective option for both 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 in Sport and Exercise

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

### Graduate Certificate in Sport and Exercise

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.

AUT encourages early application. Places are limited<sup>2</sup>.

1. Some courses may be available at the South Campus.

2. We encourage you to apply as soon as applications are open. Places are limited, and in many programmes there are more applications than available places. Once we have received your application, we may ask you to provide further information. Your application can only be assessed when you have provided all of the information requested.



### James Walsham

Podcast Host, The Hypertrophy Hub  
Graduate Diploma in Sport and Exercise  
Bachelor of Health Science (Podiatry)

"I'm hoping to pursue a career in online personal training as well as science communication through my podcast, YouTube videos and articles. I started my podcast in 2016, hoping to share my experiences of exercising with scoliosis with others, and I frequently host exercise scientists and other sport professionals who share their knowledge with my audience.

"I feel that I've grown my knowledgebase a significant amount through my studies. This has led to improvements across the board when I'm coaching athletes or recording my podcast. I'm now much more confident in my knowledge, and I know that I'm on track to becoming a great practitioner.

"The Graduate Diploma in Sport and Exercise was a great way prepare myself for postgraduate study, and better understand and apply exercise science. Dr Eric Helms has played a pivotal role in guiding my studies. I next hope to pursue a Master of Sport, Exercise and Health with Dr Eric Helms as my supervisor.

"I've enjoyed the fact that at AUT the lecturers are given enough time to spend one-on-one discussion time with students. I've found this essential in the development of my critical thinking skills as well as creating a deeper level of understanding of the topics discussed."



For more details visit [aut.ac.nz/sportrecreation](https://aut.ac.nz/sportrecreation)

## QUICK FACTS

Level: 8

Points: 120

Duration: 1 year F/T, 3 years P/T

Campus: North (some courses are delivered online)

Starts: 28 Feb &amp; 18 July 2022

**Joshua Pereira**

Bachelor of Sport and Recreation (Honours) student  
Bachelor of Sport and Recreation in Sport and Exercise Science

"AUT is recognised as one of the top universities for sports science in Australasia, and I knew that the papers 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. My first semester of the honours degree has been truly enriching, and the papers have given me a deeper awareness of research methodologies and effective strategies to analyse, critique and employ current literature within my assessments. This programme will not only provide me with skills for my academic journey, but will also lay a foundation as I look to break the mould and take sporting performance to future heights through sports analysis."

## Bachelor of Sport and Recreation (Honours)

BSR(Hons) | AK3913

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. The Bachelor of Sport and Recreation (Honours) draws on courses from AUT's Master of Sport, Exercise and Health and Master of Health Science.

### 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. You also undertake a supervised research dissertation in a specific area of sport and recreation.

#### Courses:

You complete:

- Leadership and Management I
- Integrative Research
- Quantitative Research II OR Qualitative Research II
- Dissertation (45 points)

You also choose 30 points of courses from a wide range of elective courses.



For more details visit [aut.ac.nz/sportrecreation](https://aut.ac.nz/sportrecreation)





1 & 2 Study in an interactive and collaborative environment at our North Campus 3 & 7 AUT Millennium, NZ's leading sport and fitness facility 4 Based in Manukau, our South Campus offers large open spaces to socialise and a modern new building to study in 5 The North Campus offers lots of open space for you to work out outdoors between classes 6 The AUT gyms have top of the line facilities and training equipment 8 The Wholefood Café and Store offers low-carb, free-range food at AUT Millennium

# Overview of our postgraduate qualifications

## Postgraduate Certificate in Sport, Exercise and Health

Further your understanding of the sport sector in as little as one semester with AUT's Postgraduate Certificate in Sport, Exercise and Health. You can 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. This programme is flexible, and is offered as a mix of online and on-campus block courses. It can serve as a pathway into the Master of Sport, Exercise and Health.

## Master of Sport, Exercise and Health

With the Master of Sport, Exercise and Health you can 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. At the heart of the programme is the dissertation, which enables you to research a topic of your interest, under the guidance of AUT's globally renowned sport and recreation staff. The programme is flexible, and is offered as a mix of online and on-campus block courses.

## Master of Business in Sport Leadership and Management

Advance your understanding of sport leadership and management, and research a topic of your interest with the Sport Leadership and Management specialisation in the Master of Business. Sport leadership and management research at AUT has investigated leadership, sport participation, governance, inter-organisational linkages, law and policy, economics, marketing, consumer behaviour, sponsorship, advertising, social media, sport tourism, as well as event management.

## Postgraduate Certificate in Health Science in Physical Activity and Nutrition

The Postgraduate Certificate in Health Science in Physical Activity and Nutrition explores the factors that affect community health and promote healthy living. Courses cover physical activity, nutrition, health promotion, health development and policy, programme planning and exercise science. It can serve as a pathway towards a postgraduate diploma or master's degree.

## Postgraduate Diploma in Health Science in Physical Activity and Nutrition

The Postgraduate Diploma in Health Science in Physical Activity and Nutrition explores the factors that affect community health and promote healthy living. Courses cover physical activity, nutrition, health promotion, health development and policy, programme planning and exercise science. It can provide the foundation for further study in the Master of Health Science.

## Master of Health Science

This master's degree is ideal if you want to further your knowledge through research in an area of your interest to advance your career. You study in an interprofessional and collegial learning environment, and develop research skills. The Master of Health Science also offers a pathway into the Doctor of Health Science.



### 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 Health Science

In the Doctor of Health Science you pursue research that is directly relevant to your workplace and role. AUT is the only university in New Zealand to offer this qualification. You explore a specialist area of interest, contribute to the body of knowledge in your field, and advance your career prospects. This degree is an innovative combination of taught courses and a research project investigating your own field of professional practice.

### Doctor of Philosophy

The Doctor of Philosophy is a thesis-based research degree that 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.



Postgraduate business programmes specialising in sport and recreation management are also available.



For more details visit [aut.ac.nz/sportrecreation](https://aut.ac.nz/sportrecreation)

# HOW TO APPLY

Below is the step-by-step guide to the applications 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 2022

- Semester 1
  - apply by 6 December 2021
- Semester 2
  - apply by 2 May 2022

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





3

## 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

## ACCEPT YOUR OFFER

# 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, refer to the AUT Calendar or visit [aut.ac.nz/calendar](http://aut.ac.nz/calendar)

**Please note:** AUT, like all other New Zealand universities, is required to manage enrolments. This is because of government policies that restrict the number of funded places available for domestic students in tertiary education.

### 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

## Common University Entrance requirements

| STANDARD        | NCEA   | CIE  | IB <sup>2</sup>  |
|-----------------|--|--|--|
| <b>Overall</b>  | Require <b>NCEA level 3</b> 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.<br><b>Note:</b> Credits to achieve NCEA level 3 may include unit standards from non-approved subjects.<br><b>Subject credits</b><br>Total of 42 level 3 credits including:<br>• 14 credits from one approved subject<br>• 14 credits from a second approved subject<br>• 14 credits from a third approved subject | A minimum of 120 points on the UCAS Tariff <sup>1</sup> at A or AS level from an approved list (equivalent to NCEA approved subject list).<br>Must include at least three subjects (excluding Thinking Skills) with grades D or above. | IB Diploma with minimum 24 points  |
| <b>Numeracy</b> | 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>3</sup> mathematics or any mathematics subject at AS or A level.  | Any mathematics subject – IB Group 5   |
| <b>Literacy</b> | Total of 10 level 2 (or higher) literacy credits including:<br>• 5 reading credits<br>• 5 writing credits<br>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. UCAS (Universities and Colleges Admissions Services for the UK) Tariff = system which converts AS and A level grades into points.

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

3. IGCSE = International General Certificate of Secondary Education.

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.

### NCEA approved subjects

For a list of NCEA approved subjects for University Entrance visit the NZQA website, [nzqa.govt.nz](http://nzqa.govt.nz)

### AUT language rich subject list

Art History, Business Studies, Classical Studies, Drama, Economics, English, Geography, Health Education, History, Media Studies, Physical Education, Social Studies, Te Reo Māori, Te Reo Rangatira.



## Discretionary Entrance

Discretionary Entrance is available to applicants who have attained a high level of achievement in Year 12 and want to undertake university study.

International students can't apply for Discretionary Entrance.

### You can apply if you:

- Have not completed Year 13 in a New Zealand secondary school or have done Year 13 but not attempted to gain University Entrance
- Have not otherwise qualified for admission (or have attempted University Entrance)
- Are a domestic student (New Zealand or Australian citizen or permanent resident). If Australian, your most recent schooling must have been in New Zealand
- Are under 20 years of age on the first day of the semester in which you begin study and meet other requirements of the programme for which you apply

People who missed University Entrance in Year 13 may be considered for mid-year admission in the following year.

You can't apply for admission for Semester 1 if you studied in Year 13 after 1 June. However, you can apply for admission into Semester 2.

### Minimum academic criteria for Discretionary Entrance

- NCEA level 2 certificate endorsed with minimum of Merit or CIE/IB equivalent
- Minimum of 14 credits in each of four NCEA level 2 (or higher) subjects, at least three of which must be on the approved subject list
- Meet UE literacy and numeracy standards, or their equivalent.

The application is a two-step process. First, you indicate you want to apply through Discretionary Entrance on the standard application form. If you meet the criteria you are sent a second form in which you provide further information and a school recommendation.

The recommendation will provide proof of your maturity, motivation, capability and readiness to undertake degree-level study and also verify that you were not enrolled in Year 13 beyond 1 June in the year prior to admission. Please refer to the AUT Calendar or visit [aut.ac.nz/calendar](http://aut.ac.nz/calendar)

Please note: Applicants are considered on a case-by-case basis and must also meet other selection criteria for the programme for which they have applied. There is a non-refundable assessment fee of \$50.00.

### Admission at equivalent level (Ad Eundem Statum)

An applicant will be considered for Ad Eundem Statum admission if they:

- Have successfully gained University Entrance through CIE or IB or an approved qualification from a New Zealand secondary school of special character
- Have successfully completed a recognised foundation programme or other recognised tertiary qualification/study of at least 120 points at level 3, or at least 60 points at level 4 in one course of study and have completed Year 13 at a NZ secondary school, or equivalent.
- Have qualifications from an overseas secondary school or tertiary institution deemed by AUT to be sufficient for entry into an undergraduate degree programme.

Please note: Applicants will be required to supply an official academic transcript with their application.

### Bursary

If you sat Bursary (prior to 2004) rather than NCEA please refer to the AUT Calendar or visit [aut.ac.nz/calendar](http://aut.ac.nz/calendar)

### Special Admission

New Zealand citizens or residents who are over 20 years of age on or before the first day of semester can apply for degree-level entry through Special Admission.

## English language requirements

If you don't have English as your first language, you may have to show evidence of your English language skills.

International students studying at secondary school and applying for University Entrance must achieve UE Literacy through New Zealand secondary school qualifications NCEA, CIE or IB. IELTS can't be substituted.

In all other cases another form of English language testing is required. Minimum IELTS requirements for each programme are included on the relevant pages in this publication. For other recognised English tests and more information, visit [aut.ac.nz/englishrequirements](http://aut.ac.nz/englishrequirements)

## 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](http://aut.ac.nz) for entry requirements for specific countries.

If you have any questions, you can contact us at [aut.ac.nz/enquire](http://aut.ac.nz/enquire)

# 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 2021 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 2022 tuition fees will be advertised on [aut.ac.nz/fees](https://aut.ac.nz/fees) as soon as they have been set.

## Domestic student tuition fees

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

### Undergraduate programmes

|                |                                      |
|----------------|--------------------------------------|
| Fee (per year) | \$3,155.00-\$9,010.00 <sup>1,2</sup> |
|----------------|--------------------------------------|

### Bachelor of Sport and Recreation (Honours)

|                |            |
|----------------|------------|
| Fee (per year) | \$8,807.00 |
|----------------|------------|

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

2. This fees range includes 60-point (one-semester) programmes.

## International student tuition fees

### Undergraduate programmes

|                |                                      |
|----------------|--------------------------------------|
| Fee (per year) | \$15,046.00-\$34,851.00 <sup>1</sup> |
|----------------|--------------------------------------|

### Bachelor of Sport and Recreation (Honours)

|                |             |
|----------------|-------------|
| Fee (per year) | \$38,002.00 |
|----------------|-------------|

1. This fees range includes 60-point (one-semester) programmes.

## Other fees you may have to pay:

- 2021 Compulsory Student Services Fee – \$790.40 for 120 points or \$6.59 per academic point
- 2021 Building Levy – \$77.52 for 120 points or \$0.65 per academic point
- Additional fees for course materials or elective courses (check with your faculty if there are additional fees for your programme)

Please note that you have to 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

Eligible domestic students starting tertiary education receive one year of full-time study fees-free<sup>1</sup>.

To check if you're eligible for fees-free study in 2022 visit [aut.ac.nz/fees](https://aut.ac.nz/fees)

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

## 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. Visit the scholarships website for a 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.

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

## Support for scholarship students

Undergraduate scholarship students – whether the scholarship was awarded for academic endeavour or for excellence in sports, culture or leadership – have access to an extensive programme of support, including professional development and networking opportunities, and one-on-one support.

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

If you are 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. For domestic students only

## Help with planning and budgeting

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 website

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.



# Find out more

## AUT open day

Our open day at the City Campus will showcase everything AUT has to offer to help you make an educated decision about university study. To find out more visit [aut.ac.nz/live](https://aut.ac.nz/live)

## Visit our website

For the latest information on AUT programmes and to keep up-to-date with what's happening at AUT visit [aut.ac.nz](https://aut.ac.nz)

## Contact us online

If you have any questions about studying at AUT, you can contact us at [aut.ac.nz/enquire](https://aut.ac.nz/enquire)

## Secondary schools

If you are a secondary school teacher or career advisor, our Future Students Team can help you with any questions you may have. Contact the team on [secondary.schools@aut.ac.nz](mailto:secondary.schools@aut.ac.nz)

## Connect with us

AUT has a range of social media channels to keep our students and the general public aware of what's going on around the university.

## Connect with us now:



@FutureStudentsofAUT

## Need some guidance?

If you're still unsure what to do, or would like to check out the campus and facilities, you can contact our Future Students Team. Email [future@aut.ac.nz](mailto:future@aut.ac.nz) or call **0800 AUT AUT** (0800 288 288) to speak to one of our friendly advisors.

## Drop in and see us

### AUT Student Hub

#### City Campus

Level 2, ground entry, WA building, 55 Wellesley Street East, Auckland

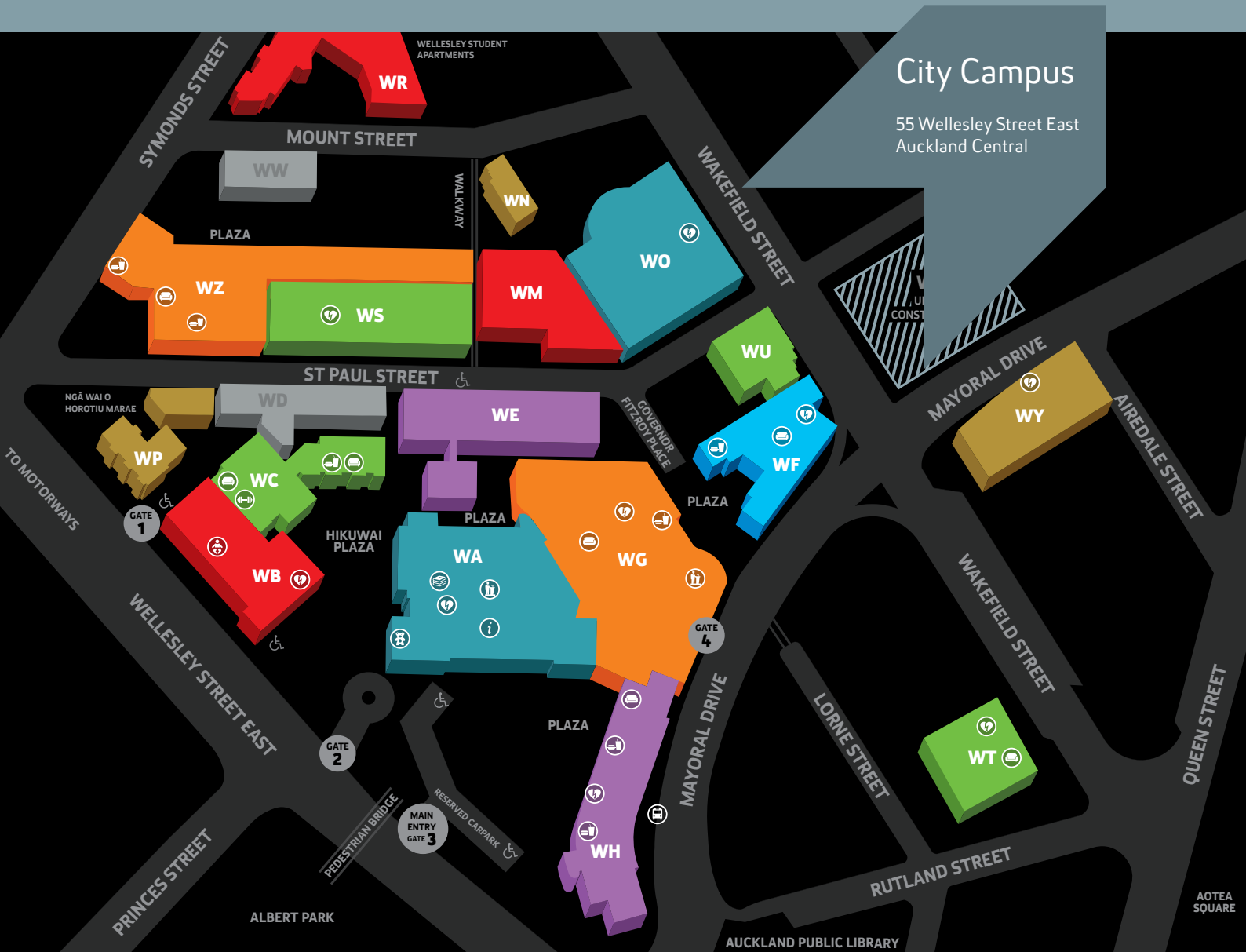
#### North Campus

AS building, 90 Akoranga Drive, Northcote, Auckland

#### South Campus

MB building, 640 Great South Road, Manukau, Auckland



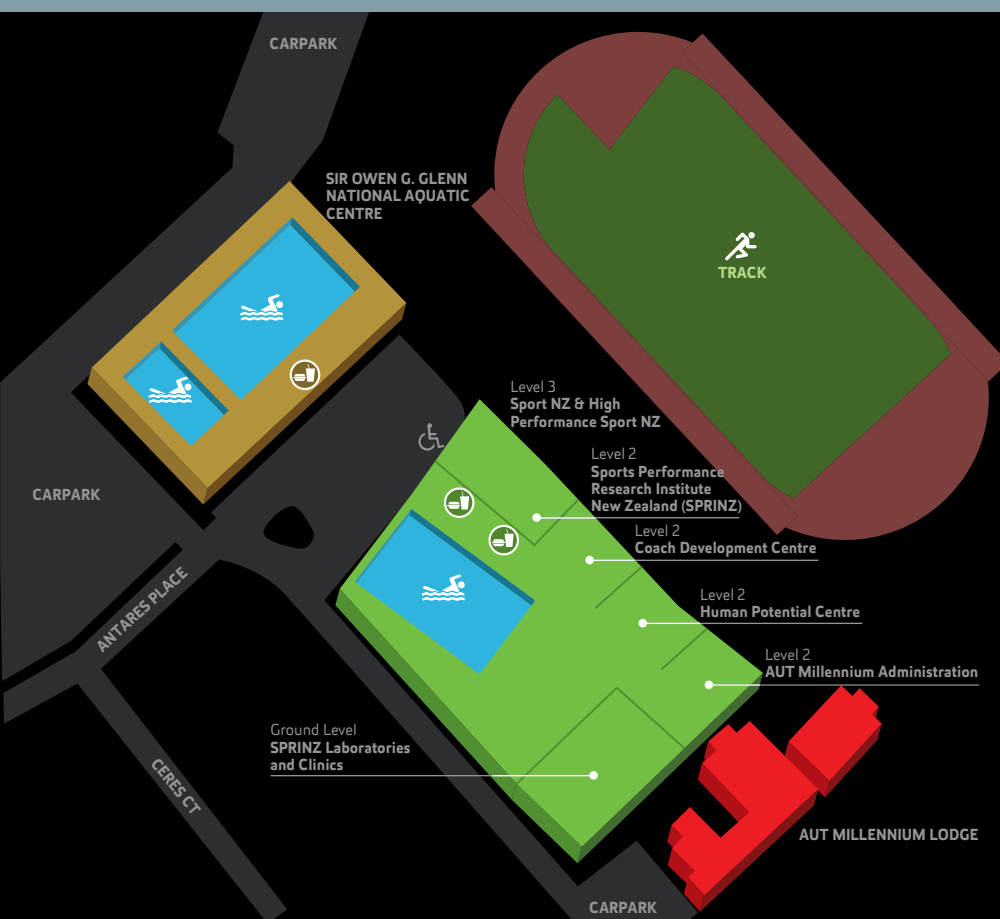
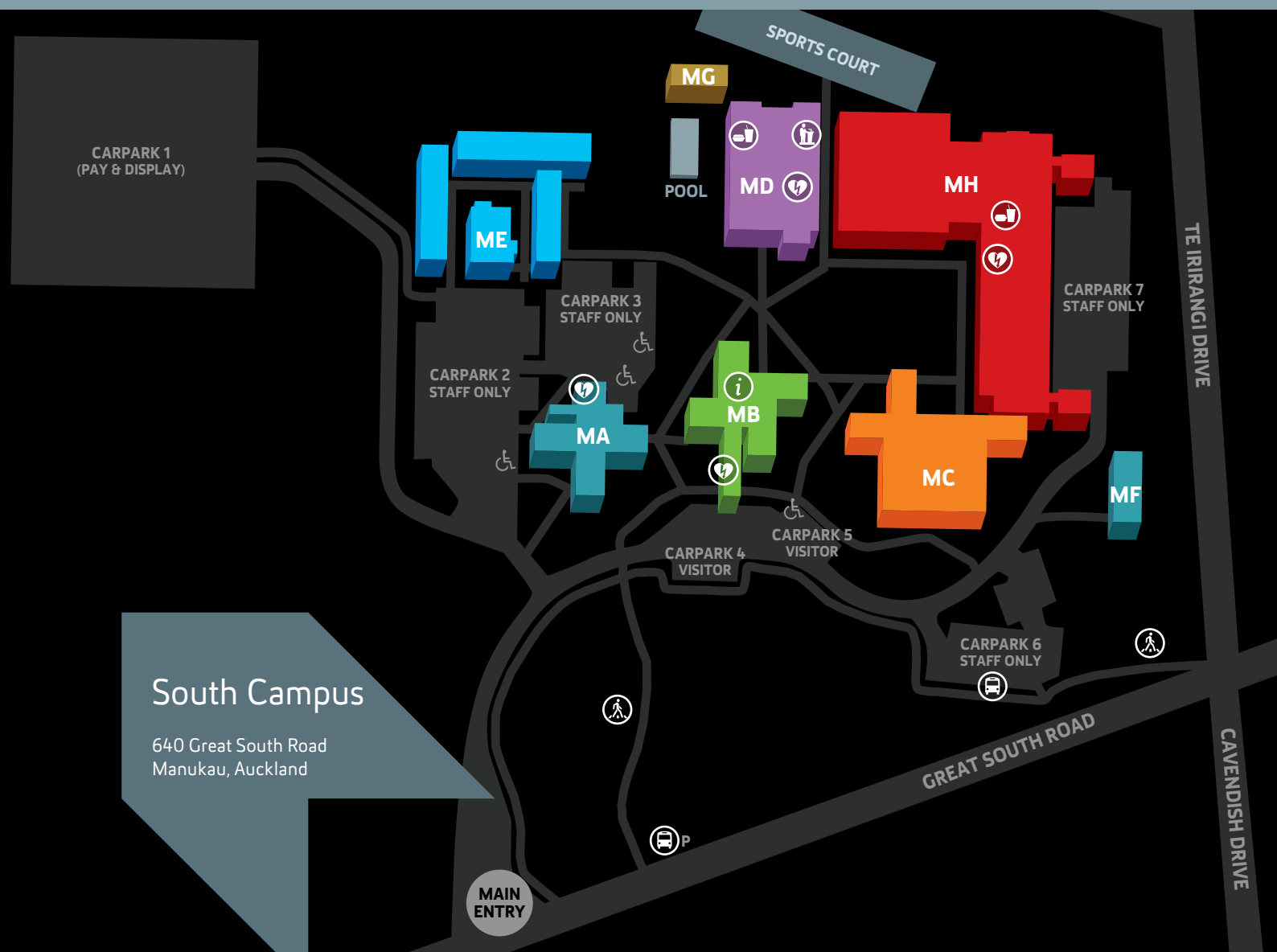


## North Campus

90 Akoranga Drive  
Northcote, Auckland

### Key

- |                              |                              |                                     |
|------------------------------|------------------------------|-------------------------------------|
| Student Hub                  | Early Childhood Centre       | Breast feeding and baby change room |
| Student lounge & study space | Gym                          | Mobility parks                      |
| Café                         | Conference facility          | Defibrillator                       |
| Library                      | Intercampus shuttle bus stop |                                     |



**AUT Millennium**  
17 Antares Place  
Mairangi Bay, Auckland

AUT Millennium has a focus on human and sport performance research – it is home to the Sports Performance Research Institute New Zealand (SPRINZ), Human Potential Centre and Coach Development Centre, which is the base for Active Auckland Sport and Recreation.



**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)

#### CITY CAMPUS

55 Wellesley Street East, Auckland Central

#### NORTH CAMPUS

90 Akoranga Drive, Northcote, Auckland

#### SOUTH CAMPUS

640 Great South Road, Manukau, Auckland

**Connect with us now:**



@FutureStudentsofAUT