

AUT

TE WĀNANGA ARONUI
O TĀMAKI MAKAU RAU

SPORT AND RECREATION

UNDERGRADUATE
PROGRAMME GUIDE 2027

KNOWLEDGE
THAT **WORKS**

Nau mai, haere mai ki AUT WELCOME TO AUT

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

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

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

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

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

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

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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, to ensure that they are aware of, and comply with, all regulations, requirements and policies. The information contained in this programme guide was correct at the time of print, December 2025.

Image on page 15 by Jasmax



He aha ai e ako ki AUT? WHY STUDY AT AUT?

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



1 AUT Millennium is a world-class sports training and research facility 2 AUT is one of New Zealand's top universities for sports-related subjects 3 The North Campus is home to AUT's sport and recreation programmes 4 You can also study all sport programmes at the AUT South Campus in Manukau

Think all universities are the same? That's exactly why we built something different – a place where you belong exactly as you are and where your learning connects directly to real-world impact. We don't follow the usual university playbook, because different gets better results. Ready to see how?

Confident in your future

Most sport degrees teach you about the industry. We put you in it. Ranked in the top 40 worldwide for sports-related subjects by QS, this is where you learn from the best. Our students work with professional teams, manage major sporting events and train at AUT Millennium, New Zealand's leading high-performance sports facility. Small classes mean direct access to lecturers who know the industry inside out. You'll graduate with real experience and skills that work in the real world, not just on paper. Because in sport, theory alone only gets you so far.

Built for the real world

Your learning connects to practice from day one. Our practical degrees include hands-on projects, workplace experience and the skills employers actually want. You won't just study exercise physiology; you'll apply it in labs and on the field. You won't just learn about event management; you'll help run real sporting events. You won't just read about health promotion; you'll design programmes that make a difference. Workplace experience is built into your degree, and many students land their first job through these industry placements. While you're on campus, Hākinakina Connect brings sport to life, with fun activities, games and challenges that help you build strong connections with your classmates and the sport and recreation whānau.

Industry-standard facilities

Theory matters, but the real work happens in our world-class spaces. You could find yourself at AUT Millennium – New Zealand's top sport and fitness facility and home of the AUT Sport Research Institute New Zealand (SPRINZ) – working in cutting-edge labs for biomechanics, physiology and performance analysis. Our spaces are built to be used; from specialist equipment to collaborative learning environments, everything is designed to prepare you for the places professionals work every day.

Research that shapes tomorrow

Our research tackles real-world challenges in sport and health – from improving athletic performance to promoting wellbeing in communities. Our sport and recreation researchers work at AUT Millennium, helping athletes perform at the very top of their ability and exploring new ways to improve sport and health. As a student, you'll learn from researchers who are shaping the future of sport, exercise and health, and what you're taught reflects what's happening now, not just what's in textbooks.

Oranga Taurira STUDENT LIFE

We see you. We back you. Your success is our mission. It's care you can feel every day. This is AUT.

You're seen from day one

Orientation isn't really about maps or lecture rooms; it's about connection. This is where you'll meet the people who'll message you notes when you miss class, hype you up before a big presentation and check in when life gets heavy. It's also where you'll prep for academic success, and find out where to get help when you need it and who'll have your back throughout your time here. And that care carries on long after your first week. When you drop into the Student Hub – whether it's on campus or online – you'll find caring staff who remember your face, ask how things are going and genuinely want to help you sort whatever you need sorted.

Find your people

Over 90 clubs covering social, cultural, creative and special interests. Sports teams. Faith communities. Sustainability projects. Whatever your thing is, there's space for it – and if there isn't, start something new. You'll find recreation spaces and gyms where you can train or clear your head, social sports leagues where you can compete with mates, and opportunities to represent AUT through University and Tertiary Sport NZ. You'll find cafés and student lounges to hang out in, and places to grab food between classes. Throughout the year there are cultural festivals, guest speakers, performances and competitions; plenty of chances to get involved, try something different and make things happen.

Communities where you belong

At AUT we celebrate diversity. We're proud to be a Pride Pledge university and we're deeply committed to Te Tiriti o Waitangi. Belonging isn't a slogan. It's real, everyday spaces where you don't have to explain yourself. You'll find Māori and Pacific communities where culture leads the way, rainbow spaces that feel safe and joyful; support built around what disabled, Deaf and neurodivergent students need to thrive; guidance for international students finding their place in Aotearoa, and advocacy that makes sure your voice is heard.

Support that actually shows up

Uni is full of highs, lows and late night panic moments, and you're not expected to push through any of it alone. You'll have academic support that makes tricky assignments feel manageable, library research help when you're stuck, workshops to build your skills, counselling and medical care you can access without stress, practical help when money is tight – including food support and even laptops if you need them – and tech support that keeps your study running smoothly. Whatever you're facing, there's someone here who knows how to make it easier. And you can feel safe while you're here – our campuses are monitored 24/7.

Your future starts now

Employability isn't something you leave until graduation – it's woven through everything you do. You'll get career advice from people who understand your industry and what it's like to move from university to the working world, events where you can meet employers throughout the year, job boards linking you to opportunities, and volunteering and leadership activities, and real-world projects that build your confidence. Whether you're exploring internships, starting your own venture with entrepreneurship support or studying overseas at one of our partner universities, you'll find momentum that carries you into what comes next.

Want to know more?

Scan for full details on clubs, support services, campus facilities and everything else that makes AUT feel like your place.



Bachelor of Sport, Exercise and Health

Overview

BSEH | AK3521

QUICK FACTS

Level	7
Points	360
Duration	3 years full-time, part-time available
Campus	North & South ¹
Starts	22 Feb & 12 July 2027

Sport is a force for change, and you'll learn how to lead it. You won't just study theory; you'll work on projects that impact people directly, from grassroots sport projects to strategies that lift athlete performance, backed by AUT's strong industry connections. Your learning spans sport science, movement and leadership, shaped by mātauranga Māori and Te Tiriti o Waitangi. With workplace experience built into your degree and support from experts who know the sector, you'll graduate ready to lead – confident, capable and prepared for what's next.

Entry requirements

Minimum entry requirements

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

Useful New Zealand school subjects

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

English language requirements

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

Don't meet the entry requirements?

Consider starting with a Certificate in Sport and Recreation – refer to page 13 for more details.

What this qualification covers

The Bachelor of Sport, Exercise and Health is highly flexible and you can build your degree in a way that reflects your interests.

To graduate with a Bachelor of Sport, Exercise and Health you need to complete:

Core courses (120 points)

These are courses all students in this degree need to take. They give you a basic understanding of the sport, exercise and health sectors, and help you decide which subject to focus on later in your studies. One of the core courses is the course Sport, Exercise and Health Cooperative Education, which is your chance to gain valuable workplace experience related to your studies.

Your chosen major (120 points)

Your major is the subject area you want to specialise in. This makes up one third of your degree, and usually consists of eight courses related to your chosen subject. You can view the list of majors in this degree on page 8.

Flexible component (120 points)

You can choose one of the following options:

- Two minors (60 points each); or
- A minor (60 points) and elective courses (60 points); or
- A second major (120 points)

Your second major, minor(s) and elective courses can be from sport or from different AUT degrees.

YEAR 1	YEAR 2	YEAR 3
Uni101 15 PTS	Professional Practice II 15 PTS	Sport, Exercise and Health Cooperative Education 45 PTS
Movement: Theory into Practice 15 PTS	Major course 15 PTS	
Sport, Exercise and Health in Aotearoa New Zealand 15 PTS	Major course 15 PTS	
Tauherea taiao ki ngā hunga 15 PTS	Major course 15 PTS	Major course 15 PTS
Major course 15 PTS	Major course 15 PTS	Major course 15 PTS
Major course 15 PTS	Flexible component 15 PTS	Flexible component 15 PTS
Flexible component 15 PTS	Flexible component 15 PTS	Flexible component 15 PTS
Flexible component 15 PTS	Flexible component 15 PTS	Flexible component 15 PTS

Core courses PTS: Points



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



"My favourite practical elements during my studies were sea kayaking, waka ama and workshops in the stadium playing sports. It was great to experience uni life with my friends who also love sport. Getting to know my lecturers and other staff was such a big part of uni life – they were always friendly and supportive. As part of my degree, I was also lucky enough to do my first workplace experience with AUT Sport and my second with Swimming New Zealand. I learned so much by doing these and thoroughly enjoyed them both. I was even offered a job at Swimming New Zealand after my placement and ended up working with them for two years before I joined New Zealand Football."

Hannah Cartman
Ngāpuhi, Fijian
Women's National Teams Coordinator, New Zealand Football
Bachelor of Sport and Recreation in Management

1. Not all courses are offered at the South Campus

Bachelor of Sport, Exercise and Health

Overview continued

Majors

You can choose one of these majors:

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

Refer to pages 10 to 12 for more detail.

If you want to include a second major from a different AUT degree, you can see more options on aut.ac.nz/majors-minors

Minors

A minor is smaller than a major. It usually consists of four courses. If you decide to include a minor in your degree, you could choose from:

- 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

For more information on each of these minors and to see even more minors from other subjects visit aut.ac.nz/majors-minors



1 & 5 The intimate nature and large open spaces of the South Campus make it easy to socialise and build meaningful connections. 2 AUT North Campus offers plenty of areas for socialising or studying. 3 The Sport Research Institute New Zealand (SPRINZ) has internationally renowned experts and research groups. 4 & 6 AUT Millennium has two 50-metre Olympic-size swimming pools, an 8-lane 400m track and a state-of-the-art pole vault runway.



Build your degree on our website

Visit our website to build your own degree and see what your three years of study could look like. Simply scan the QR code on page 7.

Possible combinations include:

- Bachelor of Sport, Exercise and Health in Sport and Exercise Science with minors in Nutrition and Physical Activity & Sport Performance Science (one major, two minors)
- Bachelor of Sport, Exercise and Health in Sport Leadership and Management with a minor in Event Management (one major, one minor, plus elective courses of your choice)
- Bachelor of Sport, Exercise and Health in Health and Physical Education & Health Promotion (two majors)

Bachelor of Sport, Exercise and Health Health and Physical Education

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



Sport and movement shape futures, and this major shows you how to make that impact count. You'll explore the role of health and physical activity in education and design experiences that include everyone. You'll build teaching skills that work in real classrooms, not just on paper, and develop the confidence to lead learning that matters. You'll be in schools as part of your studies – because confidence comes from doing, not reading about it.

What this major covers

YEAR 1

Year 1 builds your foundation – core courses that give you the full picture of sport, health and exercise. You'll also sharpen your academic writing, critical thinking and presentation skills. Then you'll specialise, exploring the role of movement in learning, taking part in practical workshops and starting courses from your second major, minor(s) or electives.

YEAR 2

This is where you'll push beyond the basics. Explore biomechanics, society and culture, and te ao Māori in health and physical education, while continuing practical workshops and courses from your second major, minor(s) or electives.

YEAR 3

This is where theory meets practice – real schools, real students, real impact. You'll complete workplace experience at schools like Rangitoto College, Manurewa High School and Northcross Intermediate – not observing from the sidelines but leading and making a difference. You'll also finish the final courses from your second major, minor(s) or electives.

Career opportunities

- Health and physical education teacher¹
- Sports director/co-ordinator
- Education consultant for sporting organisations
- Sport and physical activity learning advisor
- Kaiwhakahaere working with kōhanga/puna reo
- School wellbeing director

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



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

Arana Rakena

Ngāpuhi

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

Bachelor of Sport, Exercise and Health Sport and Exercise Science

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



Human performance doesn't improve by chance – it improves by design. This major takes you inside the actual science of human movement. Biomechanics that explains why athletes excel (or don't). Physiology that reveals what's really happening under pressure. Exercise programmes that deliver results, not just good intentions. You'll learn to assess performance like the professionals do, then create programmes that work in the real world, not just in textbooks. Connected directly to AUT's Sport Research Institute NZ (SPRINZ), you're learning from people who train actual champions.

What this major covers

YEAR 1

Year 1 builds your foundation – core courses that give you the full picture of sport, health and exercise. You'll also sharpen your academic writing, critical thinking and presentation skills. Then you'll specialise, exploring applied anatomy and physiology and starting courses from your second major, minor(s) or electives.

YEAR 2

Now it's deep dive time. You'll tackle biomechanics, exercise physiology, nutrition and sports psychology, learning what drives human performance and how to improve it. You'll also continue courses from your second major, minor(s) or electives.

YEAR 3

This is where knowledge becomes action. You'll design programmes that transform performance, and work with real athletes and real challenges. You'll also take the final courses related to your second major, minor(s) or elective courses. Your workplace experience proves that you're ready. Recent grads landed placements at High Performance Sport New Zealand, AUT Millennium, Auckland Cricket, Auckland Rugby, Counties Rugby, Les Mills, New Zealand Breakers, New Zealand Police, New Zealand Rugby League, North Harbour Rugby, Northern Mystics Netball and YMCA. This isn't practice; it's your career starting early.

Career opportunities

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



"Being a strength and conditioning coach or sport scientist has always interested me. I came to AUT because of the great reputation of its sport and exercise science courses as I knew this would help to set me on the path to achieving my career goals. My role now mainly involves analysing GPS data from the players' performance on the training field and games. I help conceptualise the data through daily and weekly training summaries for the coaches, and the performance and medical team. This enables staff to monitor and highlight players' workload. Working in elite sport is fun because I get to work with amazing athletes and be a part of such great sporting moments."

Tseard Theo van der Mei

Ngāpuhi, Te Rarawa, Te Aupouri, Dutch

Assistant Sport Scientist, Auckland FC
Master of Sport, Exercise and Health
Bachelor of Sport and Recreation in Coaching & Sport and Exercise Science

Bachelor of Sport, Exercise and Health Sport Leadership and Management

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



Sport doesn't follow boardroom rules, and neither will you. This major prepares you to lead where passion meets business, and shows you how to lead where the rules are different. You'll master leadership, management, marketing, events, law and finance, all applied to the sport and recreation sector. It's about strategy, influence and impact – preparing you to manage teams, organisations and events that shape the way people play, compete and connect.

What this major covers

YEAR 1

Year 1 builds your foundation – core courses that give you the full picture of sport, health and exercise. You'll also sharpen your academic writing, critical thinking and presentation skills. Then you'll specialise, learning about management and marketing in sport, and starting courses from your second major, minor(s) or electives.

YEAR 2

This is where you'll build your leadership toolkit – from sport events and entrepreneurship, to finance, law and ethics and digital strategies – and explore how mātauranga Māori shapes leadership in the sector. You'll also continue courses from your second major, minor(s) or electives.

YEAR 3

Now it's about advanced strategies and leadership styles that work here in Aotearoa (not imported from overseas). You'll also take the final courses from your second major, minor(s) or electives. Then the big one: workplace experience with an industry organisation. Recent placements included Athletics New Zealand, Halberg Disability Sport Foundation, Harbour Sport, Hockey New Zealand, New Zealand Breakers, New Zealand Cricket, New Zealand Rugby League, New Zealand Rugby Union, Nike NZ and Triathlon New Zealand. This is where your network starts.

Career opportunities

- Community and sports events manager
- Sales and marketing executive
- Sponsorships manager
- Sport and leisure facility manager
- Sport development manager
- Digital and social content creator



"AUT stood out to me because of its strong emphasis on industry placements, enabling students to gain hands-on experience and direct involvement in the field they aspire to work in. When comparing my options, AUT was the only institution that offered the practical experience I was seeking. Some of the highlights for me were the people I met in this degree and around campus, and getting the opportunity to work directly in the sports industry in my final year. I was placed in a fantastic organisation, with an even better industry supervisor who helped me get to where I am today. I also loved that many of the assessments were based on working through realistic problems in the sports industry."

Simone Barrett
Game Day and Events Manager,
One New Zealand Warriors
Bachelor of Sport and Recreation
in Management

Certificate in Sport and Recreation

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



Sport opens doors, and this certificate helps you walk through them with confidence. It's designed for students who want a clear pathway into the Bachelor of Sport, Exercise and Health, and a future in this industry. You'll build skills that matter – academic writing, communication and digital capability – alongside coaching, teamwork and goal setting, all in a supportive environment that sets you up for success. It's practical, supportive and focused on your success, so you can move forward ready for further study and the opportunities sport can create.

Entry requirements

Minimum entry requirements

- Completion of Year 13

In some circumstances, applicants whose academic record indicates that they have a reasonable chance of success in the programme, may be admitted on a case-by-case basis.

English language requirements

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

What this qualification covers

You'll complete four courses that cover health, wellbeing, business, coaching, sport, exercise and fitness. These aren't just lectures – they're interactive workshops where you build skills that matter: academic writing, communication, digital capability, time management, coaching, teamwork and goal setting.

It's designed to give you confidence and skills, so when you step into the Bachelor of Sport, Exercise and Health, you're ready to succeed and make an impact.

Further study

- Bachelor of Sport, Exercise and Health
- Bachelor of Health Science

CertSR | AK3761

QUICK FACTS

Level	4
Points	60
Duration	½ year full-time, part-time available
Campus	North & South
Starts	22 Feb 2027

Graduate Diploma in Sport and Exercise

Graduate Certificate in Sport and Exercise



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

Sport careers don't always start with a three-year degree – and that's where these programmes come in. If you already have a degree in another field or significant experience in sport, recreation or health, they're your next step. Both options are designed for personal and professional growth, and open doors to the sport and recreation industry. You'll learn from experts in coaching, exercise science, nutrition, health education, leadership and outdoor education, and choose courses from the Bachelor of Sport, Exercise and Health with guidance from our academic team.

Entry requirements

Minimum entry requirements

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

English language requirements

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

What these qualifications cover

Graduate diploma

You'll complete at least eight courses from the Bachelor of Sport, Exercise and Health, including five at level 7.

Graduate certificate

You'll complete at least four courses from the Bachelor of Sport, Exercise and Health, including three at level 7.

Depending on your background and interests, you may need extra courses to meet prerequisites for specific pathways – we'll guide you so your choices set you up for success.

Further study

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

Graduate Diploma in Sport and Exercise

GradDipSp&Ex | AK1032

QUICK FACTS

Level	7
Points	120
Duration	1 year full-time, part-time available
Campus	North & South
Starts	22 Feb & 12 July 2027

Graduate Certificate in Sport and Exercise

GradCertSp&Ex | AK1031

QUICK FACTS

Level	7
Points	60
Duration	½ year full-time, 1 year part-time
Campus	North & South
Starts	22 Feb & 12 July 2027



Our newest building, Tukutuku, is the heart of the AUT North Campus

Overview of postgraduate qualifications



Scan this QR code for more details about postgraduate programmes.

Don't just take the next step – take a leap. Postgraduate study at AUT is where you push past limits and turn ambition into action. Our range of postgraduate programmes helps you advance your sport and recreation career through research that actually matters. You'll work with academics who are active researchers leading their fields, and our research institutes and centres connect you to projects that drive real change.

Bachelor of Sport and Recreation (Honours)

Ready to turn passion into influence? This honours degree is for standout Bachelor of Sport, Exercise and Health graduates ready to sharpen their edge. Research skills drive this sector – and you'll master them here, in just one year. It's your launchpad for dynamic roles across sport and recreation, and a direct route to a PhD if that's your future plan.

Postgraduate Certificate in Sport, Exercise and Health

One semester. Big impact. Deepen your sport sector expertise with courses in coach and athlete development, outdoor learning, physical activity and nutrition, sport leadership and management, health and physical education, sport data analytics or strength and conditioning. With flexible online and on-campus block courses, this is your fast track to a master's degree.

Master of Sport, Exercise and Health

The sport industry needs leaders who question the playbook. This master's degree takes you beyond practice into research that changes the game. Specialise in sport leadership and management, health and physical education, or strength and conditioning. Your dissertation or thesis is where you take on the question that matters most to you. You'll work with expert supervisors to turn your curiosity into research that challenges the status quo. Your study is structured around online and on-campus block courses so you can focus on what counts: building knowledge that works.

Master of Philosophy

Pursue advanced independent research with this one-year research-only master's degree. You'll work independently, supervised by sport and recreation staff who know the field inside out. It's also your pathway to doctoral research if that's where you're headed.

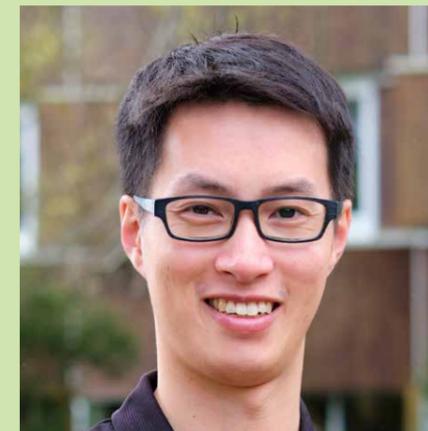
Doctor of Philosophy

Lead the conversation with a Doctor of Philosophy (PhD) – a thesis-based research degree leading to advanced knowledge in a specialist area. It's the highest qualification universities offer. You'll contribute original thinking to sport and recreation that meets recognised international standards. Working closely with a supervisor, you'll prepare a research thesis that's then examined by independent experts applying contemporary international standards.



"I was interested in working in sport, helping support people's performance. I chose to do this through AUT as it offered opportunities to learn on the job through the workplace experience as well as offering a variety of sporting subjects. One thing I particularly loved about my master's degree was having a supervisor who understands high performance sport from her own experiences. She supported me through the decision of whether to pursue my master's degree and helped facilitate the studentship with High Performance Sport New Zealand. This opportunity led to valuable industry experience with the team I now work with."

Holly Gray
High Performance Sport New Zealand, Cambridge
Master of Sport, Exercise and Health
Bachelor of Sport and Recreation with a minor in Coaching



"I've actually been with AUT since my undergraduate degree, having completed my Bachelor of Sport and Recreation in Sport and Exercise Science, then going on to complete my Master of Sport and Exercise, before deciding to pursue a PhD. Throughout my bachelor's and master's degrees it was clear that AUT has great connections with many sporting organisations, and access to a wide range of research facilities and equipment, which gave me a comprehensive range of experiences and insights into potential research opportunities. AUT has great research facilities and connections in the sport and exercise industry, and the student culture at SPRINZ is welcoming and supportive."

Jasper Wong
Doctor of Philosophy candidate
Master of Sport and Exercise
Bachelor of Sport and Recreation in Sport and Exercise Science



University admission to AUT bachelor's degrees

University admission to AUT bachelor's degrees

If you're a New Zealand citizen or resident – or an international student finishing high school here – you'll need University Entrance to start a bachelor's degree. Some programmes ask for extra steps like certain subjects or an interview, so check what applies to you.

Admission categories

You may be granted University Entrance under:

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

To find out more about entry requirements, including entry requirements for international students, scan the QR code on the opposite page.

English language requirements

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

International students

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

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

UniPrep programme

Want to ease into university life? UniPrep runs for five weeks every January and February, giving you the best possible start. You'll advance your study skills, make friends, join team activities, find support and complete your first university course. Once you're part of our UniPrep whānau, we've got you.

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

NCEA university entrance

You must achieve all of the below:

Level 3 (60 credits)	UE Literacy	Numeracy
<p>Within the 60 credits, you need to at least achieve the below:</p> <ul style="list-style-type: none"> 14 credits in approved subject 1 14 credits in approved subject 2 14 credits in approved subject 3 18 credits from any Level 3 standards 	<ul style="list-style-type: none"> 5 Reading credits (Level 2 or 3) 5 Writing credits (Level 2 or 3) 	<ul style="list-style-type: none"> 10 Numeracy credits at Level 1, 2 or 3

To find out more visit www2.nzqa.govt.nz/ncea/understanding-secondary-quals/university-entrance

This guide is for students in Year 10 or above in 2026. If you're in Year 9 or below, NCEA is changing. You'll work towards the New Zealand Certificate of Education and the New Zealand Advanced Certificate of Education instead.

Getting UE through CAIE or IB? Here's what you will need:

CAIE	IB ¹
<p>120 points on the New Zealand CAIE Tariff at A or AS level in any subjects that are broadly equivalent to NCEA approved subjects</p> <p>D or above in at least 3 different subjects (excluding Thinking Skills)</p>	<p>E or above in English Language, Language and Literature in English or Literature at AS or A level</p> <p>D or above in IGCSE or GCSE Mathematics, or any mathematics subject passed at AS or A level</p>
<p>IB Diploma with a minimum 24 points</p>	<p>Literature or language and literature (SL or HL) – IB Group 1, with English as the language</p> <p>Any mathematics subject – IB Group 5</p>

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

Ngā utu whakauru, ngā karahipi FEES & SCHOLARSHIPS

Your education is an investment worth making. Here's what you need to know about AUT tuition fees and how to fund your degree – from scholarships and student loans to allowances and financial support when life gets complicated.

To give you an idea of approximate costs, the 2026 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 2027 tuition fees will be advertised on aut.ac.nz/fees as soon as they have been set. You may also need to pay additional fees for course materials or elective courses (check with your faculty if there are additional fees for your programme).

Domestic student tuition fees

Undergraduate programmes

Fee (per year): \$4,419.80 (for 60 points) –
\$12,097.60 (for 120 points)¹
(\$3,809–\$10,876 tuition fees
+ \$610.80–\$1,221.60 student services levy)

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

International student tuition fees

Undergraduate programmes

Fee (per year): \$18,410.80 (for 60 points) –
\$43,321.60 (for 120 points)
(\$17,800–\$42,100 tuition fees
+ \$610.80–\$1,221.60 student services levy)

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

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

Student loans and allowances¹

If you're studying full-time as a domestic student, you could get a student loan or allowance through StudyLink to help with your costs. We know sorting finances can feel stressful, so start early – the process can take time. The good news? You don't have to wait until your AUT enrolment is complete.

To find out more call **0800 88 99 00** or visit studylink.govt.nz

Free fees for your university study¹

If you're a domestic student, you might be able to get your final year of full-time study fees-free. To check if you're eligible for fees-free study visit aut.ac.nz/fees

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

Financial assistance

We know life doesn't always go to plan and money worries can make study feel tough. That's why we're here with practical help – from grocery or fuel vouchers to support with those unexpected bills.

StudyLink

Visit studylink.govt.nz for tools, tips and information to help you plan and understand the costs you will have while studying.

Scholarships and awards

Scholarships can cover anything from accommodation costs to full tuition – and they're worth applying for. AUT offers scholarships at every stage of study, including ones specifically for school leavers. Some reward academic achievement, others recognise leadership, cultural contribution, community involvement or sport. Don't assume they're not for you.

For the full list of what's available, application forms and closing dates visit aut.ac.nz/scholarships

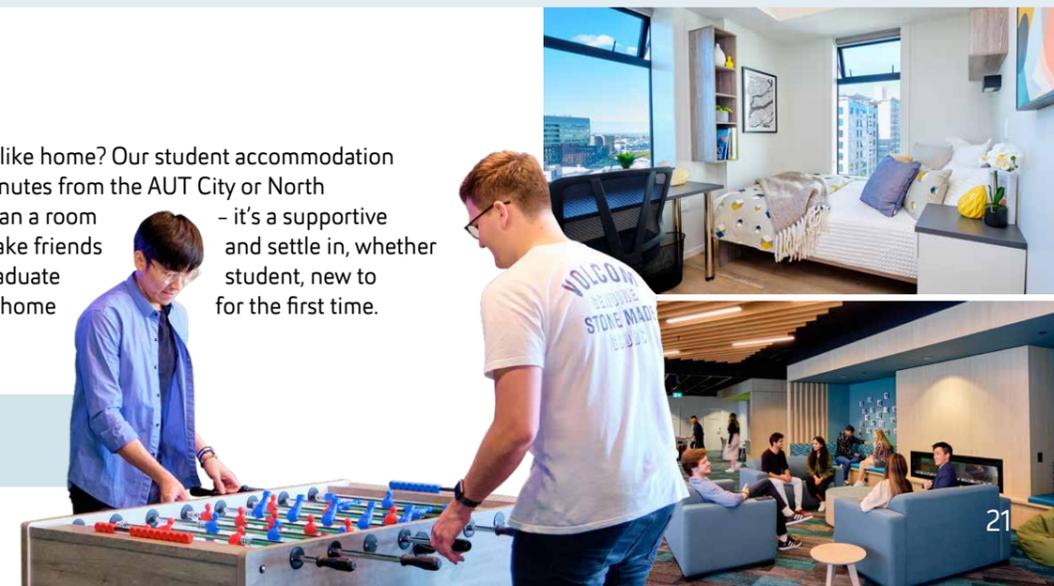
Tips for applying

- Start early – deadlines can be months ahead
- Apply for more than one – cast your net wide
- Check you meet the requirements first
- Get someone to review your application
- Tell your story – show who you are, not just your grades

Accommodation

Looking for a place that feels like home? Our student accommodation is modern, secure and just minutes from the AUT City or North Campus. It's so much more than a room – it's a supportive community where you can make friends and settle in, whether you're a first-year or a postgraduate Auckland or living away from home for the first time.

Visit
aut.ac.nz/accommodation



He pēhea te tono

HOW TO APPLY

Below is the step-by-step guide to the application process.
For more information visit aut.ac.nz/apply

1 APPLY EARLY

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

APPLYING FOR 2027

- Semester 1
– apply by 7 December 2026
- Semester 2
– apply by 3 May 2027

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

SUBMIT YOUR APPLICATION

WE ACKNOWLEDGE YOUR APPLICATION

You'll get an acknowledgement email explaining how to track your application. If we need more information, we'll reach out.

WE ASSESS YOUR APPLICATION

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

POSSIBLE OUTCOMES

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

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

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

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

3 ACCEPT YOUR OFFER

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

Once you've accepted your offer of place, we'll let you know how to enrol in the courses for your programme, and you can start to get excited about joining AUT.

Ready to apply?
apply.aut.ac.nz

Ētahi atu kōrero
FIND OUT MORE



aut.ac.nz

Need some help?

Visit aut.ac.nz/enquire, ask us your question and we'll call you back. Or phone **0800 AUT AUT** (0800 288 288) to speak to one of our friendly advisors. We can help with anything you need – questions, course counselling sessions, campus tours.

Campuses

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:



AUT LIVE

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

aut.ac.nz/live



AUT

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

Enquire now
aut.ac.nz/enquire

Connect with us now:



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We print using BIO-inks that contain materials that are based on renewable resources including wood resin (rosin, colophony), and vegetable oils, linseed oil and soybean oil and the printing company is FSC certified.