

SPORT & RECREATION

UNDERGRADUATE PROGRAMME GUIDE
2020

AUT

#**1** IN NEW ZEALAND
FOR
**GLOBAL
RESEARCH
IMPACT**

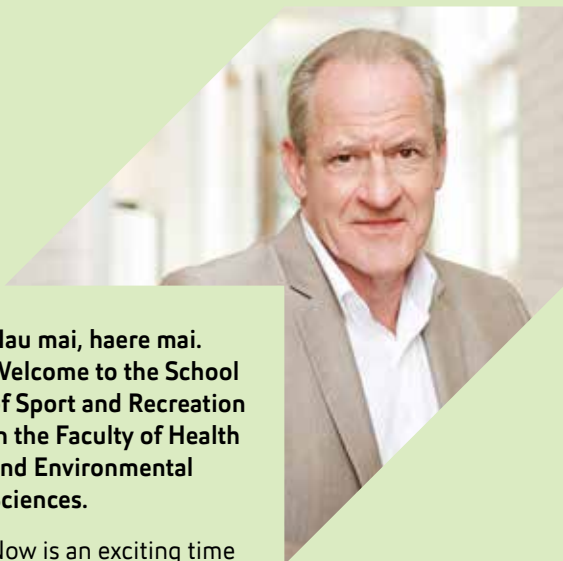


EMPLOYABILITY
QS STARS 2017-2019

TOP
 **1.2%**
UNIVERSITIES
WORLDWIDE

Sports **TOP 50**

Welcome to Sport and Recreation



Nau mai, haere mai.
Welcome to the School of Sport and Recreation in the Faculty of Health and Environmental Sciences.

Now is an exciting time to be part of the growing sport and recreation industries. Around the globe things are changing rapidly, and enhancing the way we approach health, fitness and human wellbeing. We're continuing to see major advancements in what humans can achieve and how technology can support them. We're also increasingly recognising the need to help people have a balanced lifestyle. Sport and recreation have an important role to play in this area.

Study with us and you will be well prepared to make the most of these opportunities and to make an important contribution to an improved future. Our programmes are supported by the latest research from here and around the world. Throughout your time at AUT you will build a network of connections, not just through your classmates and lecturers but also through your workplace experience. We have New Zealand's leading sport and recreation cooperative education programme, giving you the opportunity to complete valuable workplace experience as part of your study.

During your study, you will be supported by staff who are committed to helping you achieve your highest potential. You learn from world-class professors and lecturers, many of whom have been elite athletes, coaches and adventurers, and all of whom love what they do. We have a fantastic team and we look forward to you being a part of it.

Professor Max Abbott

CNZM, BA, BSc *Well*, MA, PhD *Cant*,
DipClinPsych, MNZCC

Dean, Faculty of Health and Environmental Sciences
and Pro Vice-Chancellor, North Campus

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.

Contents

Course information

Bachelor of Sport and Recreation

- 09 Overview
- 12 Course planner
- 15 Standard pathway
- 16 Coaching
- 18 Exercise Science and Nutrition
- 20 Health and Physical Education
- 22 Management
- 24 Outdoor Education
- 26 Sport and Exercise Science

28 Bachelor of Sport and Recreation (Honours)

29 Certificate in Sport and Recreation

30 Graduate Diploma in Sport and Exercise/ Graduate Certificate in Sport and Exercise

32 Postgraduate qualifications

About AUT

- 02 AUT's faculties and schools
- 03 Qualifications and study pathways
- 04 Why study sport and recreation at AUT?
- 40 Campus maps

Applying for your programme

- 34 How to apply
- 36 University entrance
- 38 Fees and payment
- 39 Find out more

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

Cover :

#1 global research impact: Ranked #1 in New Zealand for the number of times our research is cited globally (Times Higher Education World University Rankings 2019).

5 out of 5: QS Stars University Ranking.

Top 1.2%: Ranked in the world's top 301-350 universities (Times Higher Education World University Rankings 2019). We're ranked in the top 50 in the world for sports (QS World University Subject Rankings 2018).

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 www.aut.ac.nz/calendar, to ensure that they are aware of, and comply with, all regulations, requirements and policies.

International students should visit www.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 2018.

AUT's faculties and schools

AUT has five faculties and 17 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 AUHA

School of Art and Design
Te Kura Toi a Hoaho

School of Communication Studies
Te Kura Whakapāho

**School of Engineering, Computer and
Mathematical Sciences**
Te Kura Mātai Pūhanga, Rorohiko, Pāngarau

Creative Technologies
Marautanga Matatini

FACULTY OF HEALTH AND ENVIRONMENTAL SCIENCES TE ARA HAUORA A PŪTAIAO

School of Clinical Sciences
Te Kura Mātai Haumanu

School of Interprofessional Health Studies
Te Kura Pākeho Ngaioatanga o Ngā Marau Akoranga Hauora

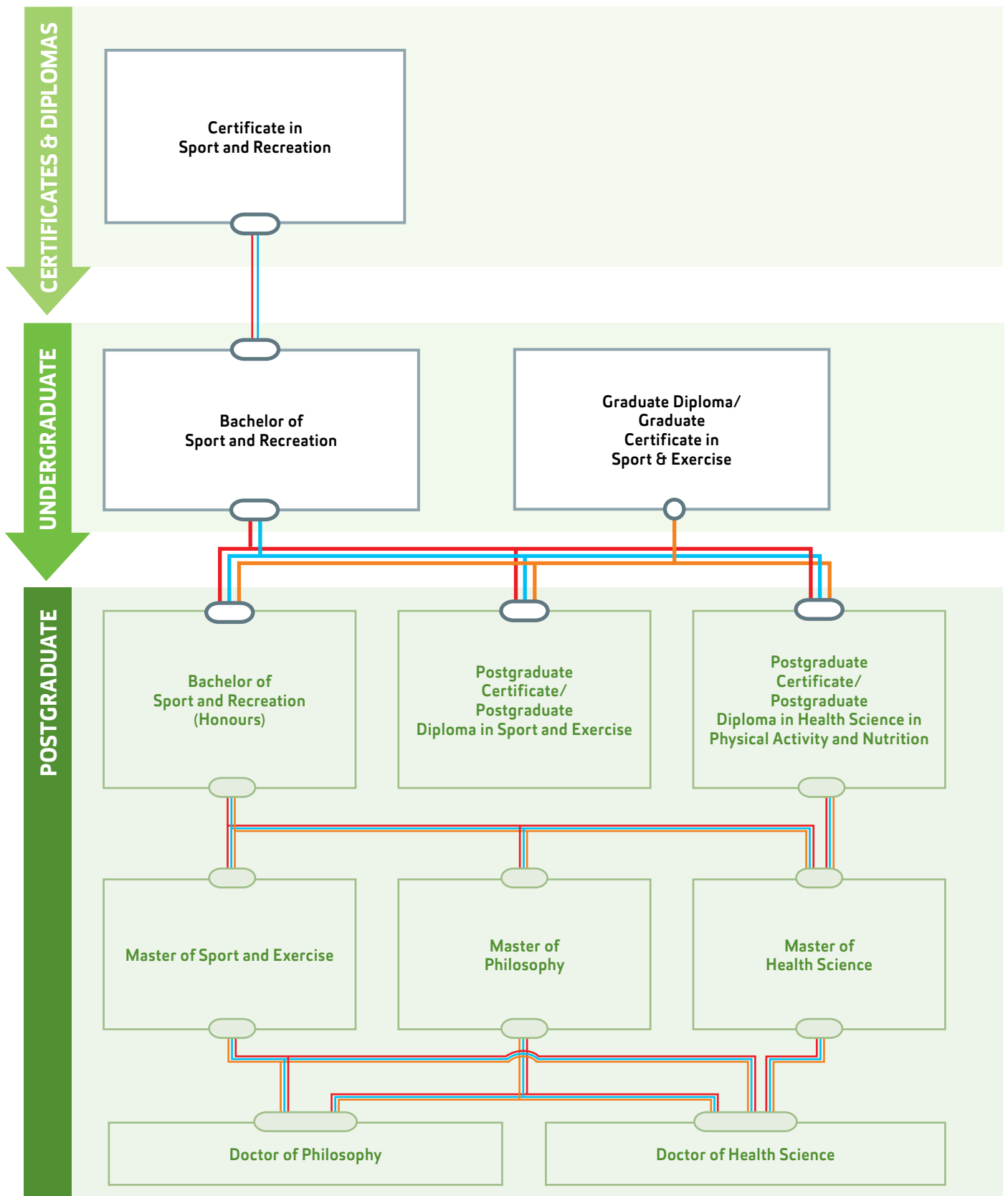
**School of Public Health and
Psychosocial Studies**
Te Kura Hauora Tūmatanui

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.

WHY STUDY SPORT & RECREATION?



TOP 50
WORLDWIDE
for Sports



AUT MILLENNIUM

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



NZ'S TOP RANKED
UNIVERSITY for
human movement
and sport science
research



- 1 The AUT North Campus is only 10 minutes' drive from the Auckland CBD 2 AUT Millennium is NZ's leading sport and fitness facility
3 Try out the modern, fully-equipped training facility at the AUT Sport & Fitness Centre

Ranked in the top 50 in the world

We're passionate about sport and recreation, and we use that passion to provide you with the skills to develop a successful and rewarding career. Our team of experienced coaches, sport scientists, managers, outdoor education and physical education specialists, and nutritionists combine their expertise to offer you New Zealand's most advanced sports degree. The Academic Ranking of World Universities rank 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 50 universities in the world for sports.

Creating the future leaders in sport and recreation

AUT is known for creating career-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.

Innovative and open-minded learning

At AUT you study in an interactive environment where you collaborate with your classmates, debate and apply your knowledge to find innovative solutions. This interactive approach creates a close-knit, supportive environment, and for many of our students it's the highlight of their studies. It's one of many reasons why 9 out of 10 AUT graduates recommend us as a great place to study.

Workplace experience as part of your study

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. All second-year students complete two work placements of 30 to 40 hours, designed to introduce you to the workplace and form initial networks. These placements also help you identify where you want to complete your third-year workplace experience (350 to 400 hours). For many students the workplace experience also opens the door to their very first job in the sport and recreation industry.

Research that matters

To keep up with the fast moving nature of the sport and recreation industry, our researchers work with New Zealand's 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, the Student Hub is 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 matters far beyond university, like support with visa and immigration matters, StudyLink issues or landlord challenges.

Dedicated support for new students

From Orientation to our many academic and cultural support programmes, our student support services are there to make starting out as a new student as easy as possible.

Creating career-ready graduates

The AUT Employability and Careers team helps you plan in advance for your future career by developing job search and interview skills, while building your personal brand and networking skills. We'll also introduce you to employers looking to recruit AUT graduates.

Gain an edge on the competition

The AUT Edge Award challenges, rewards and formally acknowledges the 'C skills' – collaboration, co-operation, community, curiosity, communication and creativity – gained through your 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 enables students to learn from others who have already completed the same paper.

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 Europe – 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 nine-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 Wi-Fi on campus, the full Office 365 suite for up to five devices and free access to lynda.com, 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.

Join a gym or sports team

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, counselling and mental health services. We also run Te Puna Oranga, an integrated programme that regularly hosts wellness-related events on campus.

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.

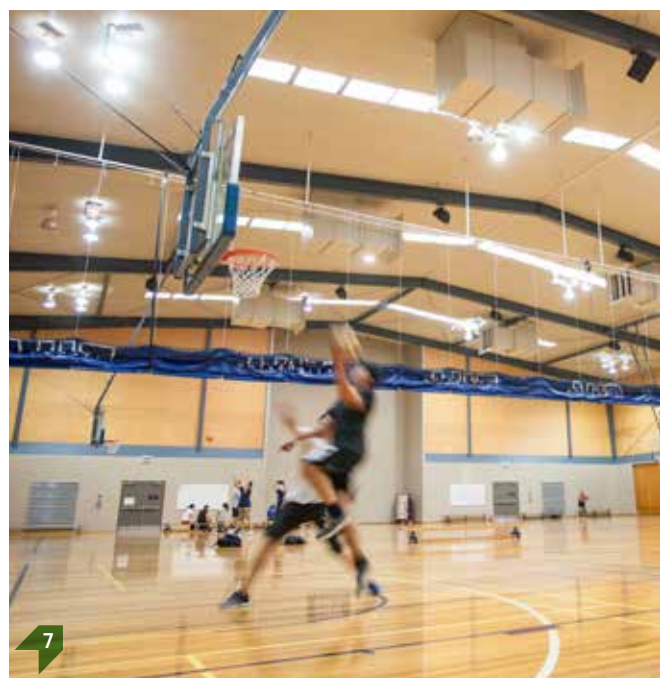
Getting around

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 that our students are – and feel – safe. Our friendly security staff are available day and night to help if you have any concerns.





1 & 2 Study in an interactive and collaborative environment 3 & 6 AUT Millennium, NZ's leading sport and fitness facility 4 & 7 The AUT gyms have top of the line facilities and training equipment 5 Our South Campus offers state-of-the-art facilities in the heart of Manukau

Bachelor of Sport and Recreation [BSR | AK3521]

Overview

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 the Vulnerable Children's Act (VCA Act) 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

QUICK FACTS

Level:	7
Points:	360
Duration:	3 years F/T, P/T available
Campus:	North & South ¹
Starts:	24 Feb & 13 July 2020 ²



Henry Watt

Strategic Partnerships Executive, IMG, London
Bachelor of Sport and Recreation in Management

"What was once seen as a hobby by many New Zealanders is now a serious and highly valuable industry. Other universities seemed quite traditional and out-dated, and I liked that AUT was going down a different avenue and promoting a faster-paced society. AUT's School of Sport and Recreation is often talked about as the best in the country, and is closely linked to AUT Millennium. I also liked that my second and third year at AUT included workplace experience. Through the AUT Internz International Scholarship Programme I also worked with non-profit organisation Play Rugby USA, who are based in New York's Times Square. I now work for IMG in London, a global sports management powerhouse that owns and operates events like the UFC, FA Cup and EuroLeague Basketball, alongside athlete management of Novak Djokovic and Conor McGregor to name a few."

Bachelor of Sport and Recreation

Overview continued



AUT ranks #1 in
New Zealand for
sport science



Tara Ikinofu

Tainui, Ngai Te Rangi
Sport and Culture Projects Assistant,
Aktive Auckland Sport and Recreation
Bachelor of Sport and Recreation in
Management

"I've always been interested in sport, and living a healthy and active lifestyle. My parents, especially my mum, have always encouraged me to pursue education. Throughout high school I excelled at physical education, so studying sport and recreation was a natural fit. I chose AUT because it offers a variety of different majors within the Bachelor of Sport and Recreation. From what I read about other universities, there didn't seem to be as much choice to specialise within the field of sport and recreation. Having so many options made AUT very appealing to me. The workplace experience was one of the highlights of my time at AUT. Having industry experience and relationships made it easy to fit into my role and contribute to relevant work streams."

All students do the same papers in Year 1, so you don't need to choose a major when you apply for the Bachelor of Sport and Recreation. You can choose your major at the end of Year 1. 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 papers of interest from across all of our majors.

What this qualification covers

Year 1

Papers you can study this year include:

- Knowledge, Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation
- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation

And one of:

- Health and Environment
- Human Anatomy and Physiology I
- Lifespan Development and Communication

Year 2

In Year 2 you take Law and Ethics in Sport and Recreation, Group and Individual Behaviour and Evidence Based Practice. This year also 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 papers 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. 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.

Skills in management, marketing, advertising and the media are extremely important in sport and recreation. By studying both business and sport, you'll learn from highly respected academics and prepare yourself for the challenges and rewards of a career in business or sport.

You can also combine your sport and recreation degree with a range of other options, including public and environmental health or psychology. Talk to us to discuss your plans.

We will provide advice to help you select a suitable combination of papers each year, depending on your interests and majors.

Additional majors and minors

Adding an additional 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 majors or minors from other degrees offered at AUT.

Taking an additional major or a minor may increase the number of papers required and extend your degree beyond three years.

AUT encourages early application. Places are limited ³.

1. The full Bachelor of Sport and Recreation, including all papers and majors, is offered at the North Campus. The Bachelor of Sport and Recreation core papers, all first-year papers and the full Bachelor of Sport and Recreation standard pathway are available at the South Campus.
2. Students starting in July may require an additional semester to complete some majors.
3. We encourage you to apply as soon as applications are open. Your application can only be assessed when you have provided all of the information requested.



Double your career opportunities by studying two majors or enrolling in two degrees



Kothar Esau

Teacher, Hobsonville Point Primary School
Master of Teaching and Learning
Bachelor of Sport and Recreation
in Outdoor Education

"My friend had started the Bachelor of Sport and Recreation the year before I did. She was having an absolute blast and it seemed like something that would suit me well. There were so many incredible trips throughout my degree: rock climbing at Kinloch near Lake Taupo, tramping through the Kaimanawa Ranges and even surfing in Ahipara as part of my final-year workplace experience. The degree doesn't require you to know exactly where you want to end up from the start. You have the flexibility to discover what area of sport and recreation is for you as you progress through the degree. The lecturers are all like that favourite PE teacher you had in high school, and your classmates share your passions and interests."



For more details visit www.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 papers 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: Health and Environment Human Anatomy and Physiology I ¹ Lifespan Development and Communication		
Standard pathway	See above	Plus optional/elective papers ²	Plus optional/elective papers ²
Coaching	See above	Analysing Performance	Pedagogy and Performance
		Teaching, Leading and Coaching	Integrated Coaching Practice
		Skill Acquisition and Psychology	PLUS 2 optional/elective papers
		PLUS 2 OF: Health and Physical Education Principles and Practices Sport Development Applied Sports Biomechanics I Exercise Physiology	
Exercise Science & Nutrition	See above	Exercise Prescription and Assessment	Food, Nutrition and Community Health
		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
		Health and Physical Education Principles and Practices	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	

Management	See above	Sport Management	Sport and Recreation Leadership Advanced
		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	Pedagogy and Performance
		Roto-Awa: Lakes and Rivers	Outdoor Education
		Motu-Moana: Islands and Sea	PLUS 2 optional/elective papers
		Advanced Pursuit Practice	
		Teaching, Leading and Coaching	
Sport & Exercise Science	See above	Exercise Prescription & 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.



The Sir Owen Glenn National Aquatic Centre at AUT Millennium

Bachelor of Sport and Recreation

Standard pathway

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

Year 1

Papers you study this year:

- Knowledge, Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation
- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation

And one of:

- Health and Environment
- Human Anatomy and Physiology I¹
- Lifespan Development and Communication

Year 2

Papers you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- Plus 5 optional/elective papers from the Bachelor of Sport and Recreation or other AUT degrees²

Year 3

Papers you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Plus 4 optional/elective papers

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 papers. This takes approximately two days per week.

AUT encourages early application. Places are limited³.

1. Required as a prerequisite for some Year 2 and 3 papers.
2. Up to 60 points can be from papers from other AUT degrees (with the approval of the programme leader).
3. 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.



For more details visit www.aut.ac.nz/sportrecreation



KEY FEATURES:

- Flexible – tailor your degree to your interests and career goals
- Prepare yourself for a career in a fast-paced environment
- Offered at the AUT North or South Campus



SEE YOURSELF AS:

- Energetic and passionate about sports
- Being part of a motivated and inspirational environment
- A key player in the exciting sport and recreation industry



CAREER OPPORTUNITIES:

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



KEY FEATURES:

- Modern athlete-centred coaching practice
- Workplace experience with national and regional sporting bodies or schools
- Wide-ranging coaching skills, from beginners to high-performance athletes

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, from beginners to high-performance athletes, and there's a large number of coaching positions available in the areas of performance analysis and performance sports. The Coaching major prepares you for a coaching career in sport, recreation, health and physical education, and the growing area of coach development.

Develop the skills to become a top coach. You gain a sound understanding of the coaching process, and work with athletes of different skill levels through your workplace experience. There's strong input from our industry partners, including Active Auckland Sport and Recreation, national and regional sport organisations and clubs; primary, intermediate and secondary schools, and regional sports trusts.

What this major covers

Year 1

Semester 1 papers:

- Knowledge Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation

Semester 2 papers:

- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation

You also need to complete one of these papers:

- Human Anatomy and Physiology I²
- Health and Environment
- Lifespan Development and Communication

Year 2

Papers you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- Analysing Performance
- Teaching, Leading and Coaching
- Skill Acquisition and Sport Psychology

Plus two optional/elective papers.



SEE YOURSELF AS:

- A strong leader and a people person
- Good at planning, management and organisation
- Able to inspire athletes and teams



CAREER OPPORTUNITIES:

- Coach development manager
- Coach for regional or national sports organisations, or youth and development teams
- Kiwisport co-ordinator
- Health and physical education teacher¹
- Recreation programme co-ordinator
- School sports co-ordinator

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

Papers you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Pedagogy and Performance
- Integrated Coaching Practice

Plus two optional/elective papers.

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 papers. This takes approximately two days per week. We also encourage you to continue playing or coaching in your own sport alongside your studies to apply your skills and make your CV stand out to future employers.

Recent placements included:

- Vodafone Warriors
- Kelly Sports
- Northern Football Federation
- Aktive Auckland
- SoccerPlusNZ
- Rangitoto College

AUT encourages early application. Places are limited³

1. After completing the one-year Graduate Diploma in Secondary Teaching.
2. Required as a prerequisite for some Year 2 and 3 papers.
3. 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.



Damian Tuiloma

Performance Director/Business Owner, DT Fitness and Performance
Bachelor of Sport and Recreation in Coaching & Sport and Exercise Science

"I wanted to start a career in sport after I had finished playing rugby and I was really keen on developing my passion for rugby through coaching. I did my research on what university had the most to offer, and I chose AUT because I wanted to learn from the leaders in the sport and recreation industry.

"One of the things that appealed to me about AUT is that it's also the home of AUT Millennium, a prominent facility where students can learn from professionals in the Sports Performance Clinics and the Human Potential Clinic. It's a great facility to learn about research projects in action.

"The skills I've developed through AUT have enabled me to work with a variety of people, and be dynamic in my approach to daily tasks. Thanks to the valuable industry experience I got as part of my AUT degree, I could learn from other professionals in the field and see where I fit in the industry. I enjoy sharing my knowledge with those around me and change lives.

"The AUT staff are fanatics, extremists and pioneers in their respective fields. I'm fortunate to have the knowledge I have today because of the people at AUT."



For more details visit www.aut.ac.nz/sportrecreation



KEY FEATURES:

- Make a difference in the global health crisis
- Workplace experience in district health boards, schools and health organisations
- Closely linked to the AUT Human Potential Centre
- Major research and postgraduate opportunities

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.

You study approaches to lifestyle management and healthy living to prevent lifestyle-related diseases. The Exercise Science and Nutrition major is supported by the AUT Human Potential Centre, a research centre for physical activity and nutrition based at AUT Millennium. There are great postgraduate and research opportunities in exercise science and nutrition after completing this major.

What this major covers

Year 1

Semester 1 papers:

- Knowledge Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation

Semester 2 papers:

- Human Anatomy and Physiology I
- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation

Year 2

Papers you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- 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.



SEE YOURSELF AS:

- Promoting healthy eating and regular physical activity
- Able to inspire confidence in others
- Interested in the physiology of the body and helping individuals and communities



CAREER OPPORTUNITIES:

- Active Communities, Active Families, Active Schools or Green Prescription co-ordinator
- Clinical exercise physiologist
- Community health development co-ordinator
- Corporate health and wellness advisor
- Health promotion officer
- Physical activity co-ordinator

Year 3

Papers you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Food, Nutrition and Community Health
- Clinical Exercise Physiology

Plus two optional/elective papers.

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 papers. This takes approximately two days per week.

Recent placements included:

- Heart Foundation
- New Zealand Nutrition Foundation
- District Health Boards
- Health trusts
- Regional sports trusts (Active Families and Green Prescription Programmes)
- Schools

AUT encourages early application. Places are limited¹.

1. 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.



Katie Donovan

3rd-year student, Bachelor of Business in Economics & Bachelor of Sport and Recreation in Exercise Science and Nutrition

"I've always been passionate about sports, health and wellbeing. When I was growing up, I was involved in a lot of sports and physical activities, and I've always enjoyed staying active.

"I would like to have a career where I'm involved in health promotion and can help individuals change their lifestyles. My studies are preparing me well for this goal. I've thoroughly enjoyed learning about different perspectives on health and wellbeing.

"AUT is well-known for being hands-on and enabling students to apply their knowledge in practical settings, and I've had quite a few practical classes. A lot of the lecturers are very engaging and helpful, and good at getting students involved and interested in their subjects.

"I like the lifestyle diseases and nutrition papers because they're very different and cover information you may not have considered before. I've found these papers very thought-provoking. You learn a lot of different things in this degree, and throughout your studies you'll develop a new perspective on health and wellbeing."



For more details visit www.aut.ac.nz/sportrecreation



KEY FEATURES:

- Progressive approach to health and wellbeing
- Foundation for a career in health and physical education
- Hands-on experience through workplace experience

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 prepares you for a career in teaching health and physical education.

The Health and Physical Education major is unique, integrating hauora, health promotion and the socio-ecological aspects that support health and physical education in New Zealand schools. You explore how people learn and how to support learning in health-related and movement-based subjects. Our graduates can go on to complete a graduate diploma in teaching and join the teaching profession well-equipped to contribute to 21st century learning environments.

What this major covers

Year 1

Semester 1 papers:

- Knowledge Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation

Semester 2 papers:

- Human Anatomy and Physiology I
- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation

Year 2

Papers you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- Teaching, Leading and Coaching
- Health and Physical Education Principles and Practices
- Sport, Health and Wellbeing
- Skill Acquisition and Sport Psychology
- Applied Sports Biomechanics I



SEE YOURSELF AS:

- A strong leader and good communicator
- A role model for an active lifestyle
- Organised, and a good planner and time manager
- Able to motivate, lead and inspire young people



CAREER OPPORTUNITIES:

- Health and physical education teacher ¹
- Coach with local, regional or national sports organisations
- Health promotion educator
- Kiwi Sport/Active Schools co-ordinator
- Physical activity co-ordinator
- School sports co-ordinator

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

Papers you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Pedagogy and Performance
- Health and Physical Education Philosophy and Pedagogy

Plus two optional/elective papers

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 papers. This takes approximately two days per week. Students in this major normally complete their workplace experience in a school setting.

Recent placements covered a wide range of schools, including:

- Whangaparaoa College
- Gladstone Primary School
- Alfriston College
- Wentworth College

AUT encourages early application. Places are limited².

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



Rachelle Bright

Year 2 Teacher, St Thomas's School
Bachelor of Sport and Recreation in
Health and Physical Education

"At the beginning of my second year at AUT I had worked with Nippers and Cadets in Surf Lifesaving and loved the teaching aspects of it. This obviously fits nicely with health and physical education, so I chose this major. After completing my sport degree, I then enrolled in a graduate diploma in primary teaching to prepare myself for my teaching career.

"I firmly believe the knowledge I've developed throughout my studies at AUT is the reason I've become a teacher in the first place. I love that teaching pushes me to be creative and encourages me to think about the individual needs of each child and their family.

"Every lecturer I had assisted me with my learning and I felt a real duty of care towards achieving my goals. My study group would share resources and we would help each other when times were tough. We were a fabulous group that brought different life experiences and knowledge to the table.

"At school I'm better equipped to incorporate health into our everyday learning in class and make it a key subject area within the health and physical education programme. I'm privileged to be able to help shape a child into being a positive, social, community-minded member of society."



For more details visit www.aut.ac.nz/sportrecreation



KEY FEATURES:

- Sport management skills are in demand in New Zealand and overseas
- Workplace experience at major New Zealand sporting bodies and events
- Covers a broad range of expertise

Bachelor of Sport and Recreation Management

Management skills are needed across the sport and recreation industries. The sports field isn't like a traditional business and neither are the management skills needed to succeed in this area. With the large number of professional athletes, sports organisations, facilities and events in New Zealand, people with specialist business and management skills are in high demand.

Through the Management major you develop expertise in sport management, marketing, facilities and events management, sponsorship, sport development, high performance sport leadership, law and finance. These management skills will open doors both locally and internationally. 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

Semester 1 papers:

- Knowledge Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation

Semester 2 papers:

- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation

You also need to complete one of these papers:

- Human Anatomy and Physiology I
- Health and Environment
- Lifespan Development and Communication

Year 2

Papers you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- Sport Management
- Sport Finance
- Sport Marketing
- Sport Development

Plus one optional/elective paper



SEE YOURSELF AS:

- A team player
- Having leadership ability
- Self-motivated and focused
- Having good planning, management and organisation skills



CAREER OPPORTUNITIES:

- Community and sports events co-ordinator
- Sales and marketing executive
- School sports co-ordinator
- Sponsorship manager
- Sport and leisure facility manager or co-ordinator
- Sport development manager

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

Papers you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Sport and Recreation Leadership Advanced
- Entrepreneurship in Sport and Recreation

Plus two optional/elective papers

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 papers. This takes approximately two days per week.

Recent placements included:

- Athletics New Zealand
- Counties Manukau Sport
- 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
- Northern Arena
- School sports departments
- Touch North Harbour
- Total Sport (event management)
- Triathlon New Zealand
- The GEMBA Group

AUT encourages early application. Places are limited¹.

1. 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.



Tara Coe

*Tainui, Te Arawa, Ngāti Tahinga,
Ngāti Pikiao*

Learning Support Advisor,
Skills Active Aotearoa
Bachelor of Sport and Recreation in Sport
Management

"Helping people gain greater knowledge and experience is a great feeling. I enjoy being able to work with trainees who want to further themselves in the recreation, sport and exercise industries. Watching them start a qualification and work their way through it until they complete it is a great journey.

"I grew up in a whānau that loved sports and played all the time. Once I was old enough to decide what I wanted to do after school, I knew that I wanted to learn more and give back to the sport and recreation industry. AUT is a leader in this field, and offered great support and study options.

"AUT was an amazing time of my life. I studied at the AUT South Campus where the classes were much smaller, which suited me better. I also appreciated that AUT upholds the same values I do and aligns with my cultural beliefs.

"AUT is committed to being a place where students strive to better their education and come out on top, not only to add value to our ever-growing industries but also to make their mark in the changing world."



For more details visit www.aut.ac.nz/sportrecreation



KEY FEATURES:

- Workplace experience in outdoor education camps, adventure tourism centres or schools
- Passionate staff with first-hand experience in outdoor education and adventure



SEE YOURSELF AS:

- An outdoors person
- Having a high level of fitness
- Having a sense of adventure
- Organised and a good planner



CAREER OPPORTUNITIES:

- Adventure consultant or educator
- Corporate development trainer
- Commercial guide
- Instructing outdoor pursuits – white water kayaking, rock climbing, abseiling and bush survival
- Outdoor education instructor or teacher¹
- Youth worker

Bachelor of Sport and Recreation Outdoor Education

The outdoor environment is a key part of the Kiwi lifestyle. New Zealand's clean, green environment is the perfect location to experience the outdoors, and home to a bustling tourism and adventure industry. A qualification in outdoor education gives you the skillset to work in this environment, teaching and leading others. AUT outdoor education graduates work in many fields. They teach in schools, work in outdoor pursuit centres, operate adventure tourism ventures and often progress into management.

Encounter New Zealand's unique environment and learn from some of the country's most experienced staff in outdoor education. AUT staff 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

Semester 1 papers:

- Knowledge Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation

Semester 2 papers:

- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation

You also need to complete one of these papers:

- Human Anatomy and Physiology I
- Health and Environment
- Lifespan Development and Communication

Year 2

Papers you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- Maunga-Ngahere: Mountains and Bush
- Roto-Awa: Lakes and Rivers
- Motu-Moana: Islands and Sea
- Teaching, Leading and Coaching

Plus one optional/elective paper

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

Papers you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Pedagogy and Performance
- Outdoor Education

Plus two optional/elective papers

Workplace experience

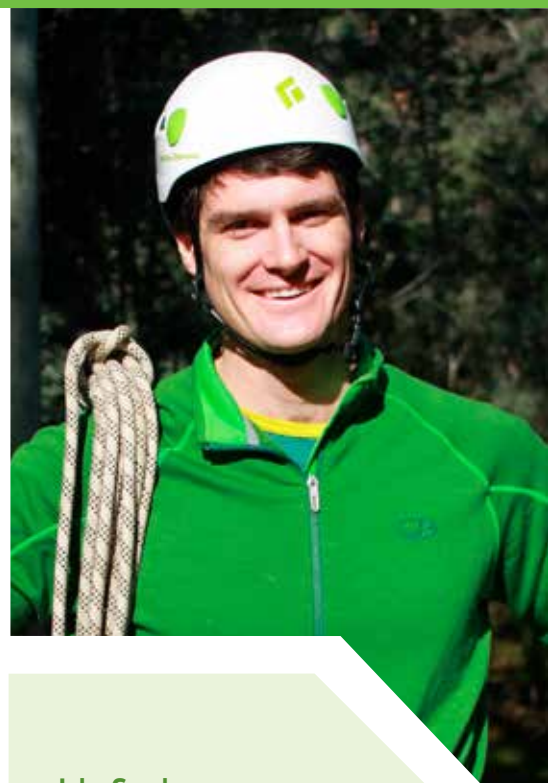
In your third year you complete 350 to 400 hours in an organisation, which includes working on a project related to your major through the Cooperative Education papers. This takes approximately two days per week.

Recent placements included:

- Bigfoot Adventures
- Camp Adair
- Dilworth School Rural Campus
- Howick College
- Kahunui Campus, St Cuthbert's College
- Mt Albert Grammar School
- Sir Peter Blake Marine Education Recreation Centre (MERC)
- St Cuthbert's College

AUT encourages early application. Places are limited².

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



Jake Candy

Teacher of Outdoor Education,
St Joseph's College, Colo, New South
Wales, Australia
Bachelor of Sport and Recreation in Outdoor
Education

"I teach students valuable life lessons by using the outdoor environment as a context. Each week we explore mountain biking, rock climbing, orienteering, tramping, camping, canoeing and the high ropes course. Through these activities, students learn teamwork skills, resilience, communication skills, determination, trust, initiative, responsibility and other traits that are crucial for a successful life after school. I love being outdoors, and I love my job."

"My time at AUT was great. The Bachelor of Sport and Recreation was right up my alley, and it has led to a great career and sparked a lifelong passion for the outdoors. My classmates and I bonded as we went on road trips to complete portions of our study in the great outdoors. AUT provided all the support I needed to complete this journey and it was a special time that I'll never forget."

"My outdoor education lecturers were inspirational and I still use their teachings in my everyday work. I introduce new programmes and teaching methods wherever I can, and I work collaboratively with my colleagues to ensure that the students get the most out of their time with us. I never underestimate the value of outdoor education."



For more details visit www.aut.ac.nz/sportrecreation



KEY FEATURES:

- Workplace experience with high-performance and recreational athletes, fitness centres, schools, and sporting bodies
- Access to the latest ideas from the Sports Performance Research Institute New Zealand
- You can register with REPS (Register of Exercise Professionals)



SEE YOURSELF AS:

- Interested in the science behind sport and performance
- Passionate about fitness and performance
- A people person and great motivator



CAREER OPPORTUNITIES:

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

Bachelor of Sport and Recreation Sport and Exercise Science

The Sport and Exercise Science 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 Sport Performance Research Institute New Zealand (SPRINZ), based at AUT Millennium.

You investigate issues related to human movement, physical conditioning, sports and exercise nutrition, exercise prescription and assessment, movement, exercise physiology and strength and conditioning. 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

Semester 1 papers:

- Knowledge Enquiry and Communication
- Leadership in Sport and the Outdoors
- Sport and Exercise Science Fundamentals
- Skill Learning in Sport and Recreation

Semester 2 papers:

- Innovative Planning in Sport and Recreation
- Sport and Recreation in Aotearoa/New Zealand
- Contemporary Issues in Sport and Recreation
- Human Anatomy and Physiology I

Year 2

Papers you study this year:

- Law and Ethics in Sport and Recreation
- Group and Individual Behaviour
- Evidence Based Practice
- 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

Papers you study this year:

- Sport and Recreation Cooperative I
- Sport and Recreation Cooperative II
- Applied Sports Biomechanics II
- Athletic Conditioning

Plus two optional/elective papers

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 papers. This takes approximately two days per week.

Recent placements included:

- High Performance Sport New Zealand
- AUT Millennium
- Auckland Cricket
- Auckland Rugby
- Counties Rugby
- Emirates Team New Zealand
- Jetts
- Les Mills
- New Zealand Breakers
- New Zealand Police
- New Zealand Rugby League
- North Harbour Rugby
- Northern Mystics Netball
- Secondary school sports academies
- YMCA

AUT encourages early application. Places are limited¹.

1. 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.



Simon Fathers

Director of Performance,
SFPT – Simon Fathers Performance
Training, San Francisco, USA
Bachelor of Sport and Recreation in Sport
and Exercise Science

"I've always been passionate about helping others when it comes to sport and rehabilitation. I now have my own company, SFPT – Simon Fathers Performance Training, and I often find myself integrating the skills I learned at AUT when it comes to planning and evaluating our business framework.

"I love working with such a range of different people. I get to work with some of the world's best big wave surfers and elite athletes from a variety of other sports, including rugby, rugby league, mixed martial arts, track and field, and football. But I also enjoy helping weekend warriors and ordinary people improve their lifestyle and quality of movement.

"A recent initiative I'm proud of is the tactical and performance rehabilitation programme, which supports the police, fire, coastguard and tactical departments in the San Francisco Bay area and gives them access to SFPT's experienced team of nutrition, medical and performance specialists.

"I already worked full-time in professional sports when I started my AUT Bachelor of Sport and Recreation, and studied alongside these commitments. Balancing the workload was hard at times, but AUT helped me stay on track and the support services at AUT were amazing."



For more details visit www.aut.ac.nz/sportrecreation

QUICK FACTS

Level: 8

Points: 120

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

Campus: North (some papers are delivered online)

Starts: 24 Feb & 13 July 2020

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 papers from AUT's Master of Sport and Exercise 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 papers 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 paper and advanced papers relevant to your discipline. You also undertake a supervised research dissertation in a specific area of sport and recreation.

Papers:

You complete:

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

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



For more details visit www.aut.ac.nz/sportrecreation

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 papers:

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

Offered via lectures and workshops, these papers cover: body systems and functions, applied sports science principles, coaching and leadership; sport, industry and management; wellness and nutrition, diversity and Mātauranga Māori in sport and recreation.

Further study

- Bachelor of Sport and Recreation
- Diploma in Sport and Recreation (only available after successful completion of the Certificate in Sport and Recreation)

AUT encourages early application. Places are limited¹.

QUICK FACTS

Level:	4
Points:	60
Duration:	½ year F/T, 1 year P/T
Campus:	North & South
Starts:	24 Feb & 13 July 2020

1. 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 ¹
Starts:	24 Feb & 13 July 2020

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 ¹
Starts:	24 Feb & 13 July 2020

Graduate Diploma in Sport and Exercise

GradDipSp&Ex | AK1032

Graduate Certificate in Sport and Exercise

GradCertSp&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 papers from the Bachelor of Sport and Recreation. We will guide you in your choice of suitable papers.

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 papers.

Graduate Certificate in Sport and Exercise

You must complete at least 60 points, including 45 points from level 7 Bachelor of Sport and Recreation papers.

Depending on your existing knowledge and interest areas, you may have to take additional papers 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 limited².

1. Some papers 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.



Mike Robinson

Coach, Precision Movement
Postgraduate Diploma in Sport and
Exercise student
Graduate Diploma in Sport and Exercise

"If your wish is to further yourself in the ever-changing and ever-growing world of sport and recreation, AUT is the place to be! Its direct links to the industry ensure you're learning the most current, and most valuable, information for your future growth in the sport and recreation field.

"I had initially considered the Bachelor of Sport and Recreation, but based on a recommendation from a close friend I decided to apply for the graduate diploma. I had completed a previous diploma at AUT, coached for a number of years and worked as a guest lecturer at another university. The graduate diploma suited my condensed timeframe and preferred subject matter.

"When I researched the programme, I found its many connections within the industry suited how I could progress, and it was key in my decision to choose AUT over other educational providers.

"I now work as a basketball coach and love working with the athletes and the business owner, who is also an AUT alumnus. I also continue to advance my coaching knowledge through postgraduate study. I chose to study the Postgraduate Diploma in Sport and Exercise to further myself within the field of coaching and youth athlete development, always with the aim to make a difference to those I coach and work with."



For more details visit www.aut.ac.nz/sportrecreation

Overview of our postgraduate qualifications

Postgraduate Certificate in Sport and Exercise

The Postgraduate Certificate in Sport and Exercise furthers your understanding of sport and exercise in as little as one semester. Papers cover the science, evidence-based practice and theory behind physical conditioning, coaching or sports management. It can serve as a pathway towards a postgraduate diploma or master's degree.

Postgraduate Diploma in Sport and Exercise

The Postgraduate Diploma in Sport and Exercise Science equips you with an in-depth understanding of sport and exercise in as little as one year. Papers cover entrepreneurship and leadership, as well as the science, evidence-based practice, and theory behind physical conditioning, coaching or sports management. It provides the foundation for further study in the Master of Sport and Exercise.

Master of Sport and Exercise

With the Master of Sport and Exercise you can build on your existing knowledge and undertake applied research in an area of your interest. Your research project is equivalent to one year of full-time study. AUT is New Zealand's top ranked university for sport and exercise science research, and through your research you work with some of the leading researchers in this field.

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. Papers 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. Papers 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 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 papers 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 www.aut.ac.nz/sportrecreation

HOW TO APPLY

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

1

APPLY EARLY

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

APPLYING FOR 2020

- Semester 1
 - apply by 2 December 2019
- Semester 2
 - apply by 1 May 2020

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 www.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

DECISION PENDING We are unable to make a decision just yet, but will let you know when we expect to make a decision

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 www.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 ²
Overall	Require NCEA level 3 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. Note: Credits to achieve NCEA level 3 may include unit standards from non-approved subjects. Subject credits Total of 42 level 3 credits including: • 14 credits from one approved subject • 14 credits from a second approved subject • 14 credits from a third approved subject	A minimum of 120 points on the UCAS Tariff ¹ at A or AS level from an approved list (equivalent to NCEA approved subject list). Must include at least three subjects (excluding Thinking Skills) with grades D or above.	IB Diploma with minimum 24 points
Numeracy	At least 10 level 1 (or higher) numeracy credits (can be achieved through a range of subjects)	A minimum grade of D in IGCSE ³ mathematics or any mathematics subject at AS or A level.	Any mathematics subject – IB Group 5
Literacy	Total of 10 level 2 (or higher) literacy credits including: • 5 reading credits • 5 writing credits 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 credits in that subject (unless indicated otherwise).

NCEA approved subjects

For a list of NCEA approved subjects for University Entrance visit the NZQA website, www.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 Rangitira.

Alternative pathways into AUT bachelor's degrees

Students who have just missed University Entrance or did not get into their chosen degree could consider enrolling in one of the foundation studies certificates offered at AUT. Please visit

www.aut.ac.nz/universityentrance

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 www.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 www.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 www.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 www.aut.ac.nz for entry requirements for specific countries.

Email: internationalstudy@aut.ac.nz

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 2019 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 2020 tuition fees will be advertised on www.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)	Approximately \$3,060.00–\$8,737.00 ¹
----------------	--

Bachelor of Sport and Recreation (Honours)

Fee (per year)	Approximately \$8,540.00 ¹
----------------	---------------------------------------

1. Part-time students pay a proportion of the fee based on the number of academic points they are studying. This fees range includes 60-point (one-semester) programmes.

International student tuition fees

Undergraduate programmes

Fee (per year)	Approximately \$14,180.00– 32,850.00 ¹
----------------	---

Bachelor of Sport and Recreation (Honours)

Fee (per year)	Approximately \$35,820.00
----------------	---------------------------

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

Other fees you may have to pay:

- 2019 Compulsory Student Services Fee – \$646.00 for 120 points or \$5.38 per academic point
- 2019 Building Levy – \$71.00 for 120 points or \$0.59 per academic point
- Additional fees for course materials or elective papers (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 the AUT Student Hub on **0800 AUT UNI** (0800 288 864).

Free fees for your university study

Eligible domestic students starting tertiary education receive one year of full-time study fees-free¹.

To check if you're eligible for fees-free study in 2020 visit www.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 www.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 allowances¹

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 www.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 www.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 www.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 www.aut.ac.nz

Contact us online

If you have any questions about studying at AUT, you can contact us at www.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 **+64 9 921 9239**.

Connect with us

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

Connect with us now:



@autuni

#autuni

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

Campus tours

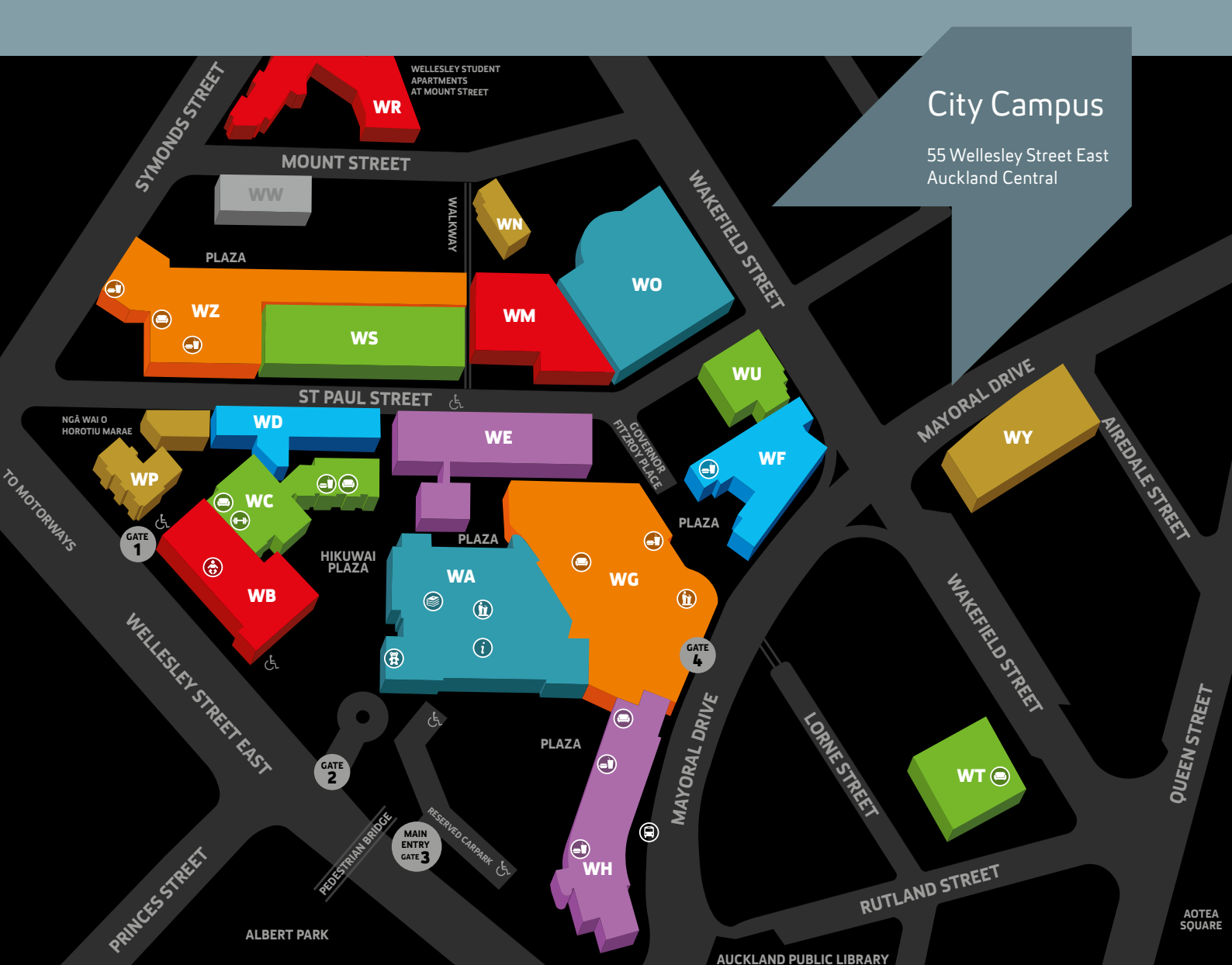
If you want to check out the campus and facilities, contact us and we will arrange a campus tour for you and your family. Call **0800 AUT UNI** (0800 288 864) for more information.

To take a virtual tour of our campuses visit

www.aut.ac.nz/virtualtour

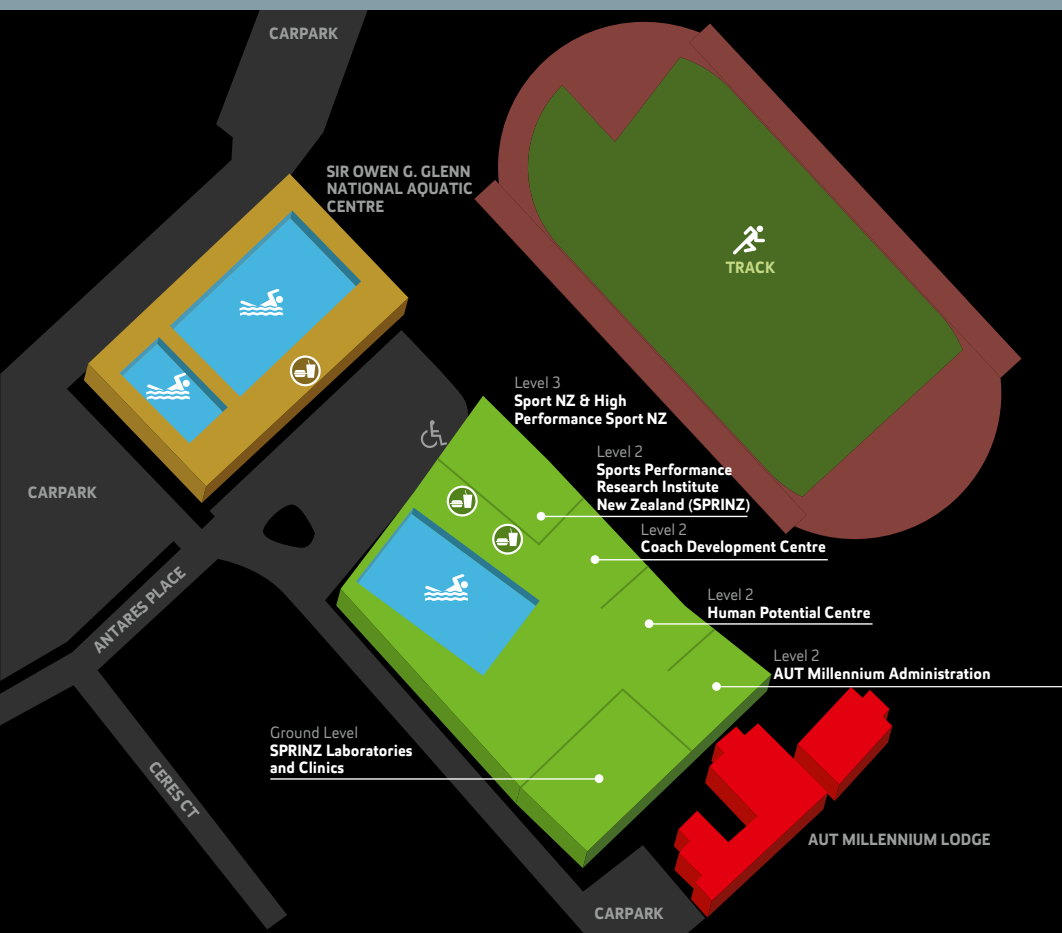
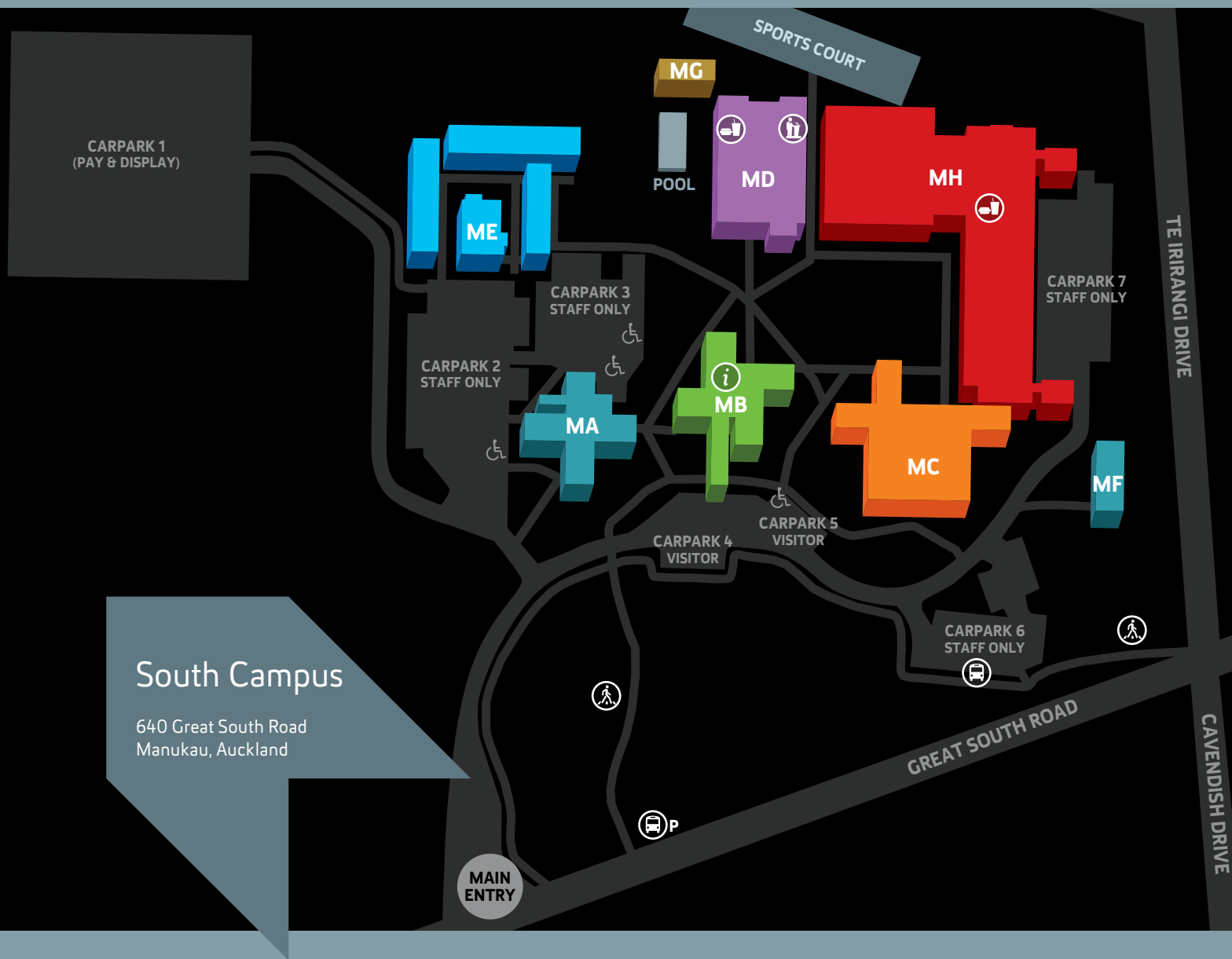


This booklet is printed on paper which is certified by the Forest Stewardship Council (FSC). It is manufactured using FSC Mix source pulp from well managed and legally harvested forests. The inks are 100 percent vegetable oil based and the printer is FSC certified.



Key

- | | | |
|-------------------------------|--|------------------------------------|
| AUT Student Hub | Mobility parks | Student lounge |
| Café | Covered pedestrian motorway overbridge | Library |
| Inter-campus shuttle bus stop | Conference facility | Creche |
| Public bus stop | Gym | Breastfeeding and baby change room |



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 UNI (0800 288 864)

Auckland University of Technology
Auckland, New Zealand
www.aut.ac.nz

Enquire now
www.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:



@autuni

#autuni