

HEALTH SCIENCES

AUT

TE WĀNANGA ARONUI
O TĀMAKI MAKAU RAU

HEALTH SCIENCES

UNDERGRADUATE PROGRAMME GUIDE
2026



TOP 100
WORLDWIDE
Young University

AUCKLAND
UNIVERSITY
OF TECHNOLOGY

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 kawe 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.

Cover

The cover design symbolises the far-reaching impact AUT has on students, their whānau, society and the world. The ripples represent this impact, while beneath them lies a modern Poutama pattern, symbolising the support and guidance AUT provides to students on their educational journey. A traditional Poutama design on the back connects to the front, reflecting the foundational role of Te Ao Māori in supporting and enhancing all aspects of AUT.

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 2024.

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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 great graduates and students.



1 2



3 4



1 & 2 Practise your skills in our health clinics and in simulation exercises 3 Gain experience in our oral health simulation laboratory 4 If you're studying at the North Campus, you could be based at Tukutuku, AUT's newest building

New Zealand's leading modern university

AUT is proud to be one of the world's best modern universities. Times Higher Education has ranked us in the top 1% of universities in the world, the top 100 universities under 50 years of age and number one in Aotearoa New Zealand for international outlook. We're one of the biggest health science education providers, and across all of our programmes, we encourage innovation and entrepreneurship, and the ability to explore new technologies, challenge routine thinking and solve problems in new ways. AUT is where talent meets opportunity, and we love seeing so many of our graduates shape successful careers in different fields of healthcare, in New Zealand and around the world.

Preparing you for the future

At AUT you have access to exceptional learning experiences that prepare you to be successful wherever in the world your career may take you. Workplace experience is at the heart of our degrees, and thanks to our strong industry connections you can choose from a vast number of public and private hospitals, clinics and community settings for your placements. This workplace experience ensures that you'll be well-qualified to succeed in the workplace and have completed the required number of practical hours to meet certification requirements. Interprofessional education – where students from different disciplines learn from, with and about one another – is a key feature of our programmes and ensures that you'll feel prepared to work in complex and everchanging health contexts.

Outstanding on-campus clinics

As a health science student, you could develop your skills in our health clinics, which offer health services like physiotherapy, podiatry, oral health and psychotherapy. This is a great opportunity for you to gain hands-on experience and learn alongside students from other health disciplines, while working with real people with real problems in a New Zealand health clinic. It's a safe and supportive learning environment to apply what you've learnt in the classroom and build up the confidence for your future career. You can also practise your skills in our simulation suites, supported by our friendly and qualified clinicians.

Research that shapes tomorrow

Our research is focused on real-world impact, and we're proud of our reputation as a leading research university. We have a number of world-class research centres, and our research addresses issues facing the environment, society and the world, from trauma research to active ageing and biomedical technologies. We deliver leading research across the field of health sciences. For example, we've led the world's largest study of problem gambling treatments, run New Zealand's only longitudinal study of Pacific Island families and created an award-winning app to assess people's stroke risk. Our research often feeds back into the classroom, and you may even be able to contribute to our research discoveries.

Oranga Taurira

STUDENT LIFE

As a modern and innovative university, we offer you endless opportunities, and a supportive culture that celebrates diversity. Here, you are at the heart of everything we do. At AUT, you'll find some of the most comprehensive student support services in New Zealand, designed in collaboration with our students. We'll support you to build friendships, develop life skills, achieve academically, and have amazing experiences both inside and outside the classroom.

The best start for your uni journey

Starting university life is exciting and perhaps a little daunting, regardless of your stage in life. With our wide-ranging support services, orientation programmes at the start of each semester, and multiple opportunities to meet new friends and follow a passion or hobby, you'll transition smoothly.

Student Hub

Our professionally qualified staff, including social workers and occupational therapists, are ready to support our diverse student community. The Student Hub is your go-to for navigating student life at AUT, providing the support you need from when you apply to after you graduate.

Your home away from home

As a student you'll spend most of your time on campus, whether you're based at an AUT campus in the City, South Auckland or the North Shore. Each campus has its own vibe, and all are connected by shuttle buses or public transport. You'll find everything you need right here, including medical centres, gyms and recreation centres, free and confidential counselling, programmes to develop your self-knowledge and resilience, and community-specific services to make you feel comfortable and safe. Our campuses are monitored 24/7 by our security team.

Your place for support

AUT celebrates diversity and is committed to Te Tiriti o Waitangi with passion, curiosity and pride. We're committed to supporting the aspirations of our Māori and Pacific whānau. We were the first New Zealand university to appoint a full-time rainbow community coordinator, and are proud to be a Pride Pledge university. We support equity of access and opportunity for students, staff and visitors, and follow the principles of Kia Ōrite: Code of Practice for an inclusive tertiary environment that enables disabled, Deaf and neurodivergent students to achieve fully. As an AUT student you can access our specialised community support services, including LGBTTQIA+, disabled and Deaf, high-performance athlete, international, Māori and Pacific student support. The AUT Student Association (AUTSA) advocates and represents your interests, and shares student voices through Debate magazine.

Achieve your academic goals

Our goal is to help you achieve your academic dreams and set you up for a successful career. Our library and learning services support includes learning advisors, workshops, assessment advice appointments, tailored postgraduate research support and tools like Studiosity to help you ace your assessments. At AUT you'll find everything you need for your studies, including computer labs, printers, IT support, free wifi on campus, the full Microsoft 365 suite, LinkedIn Learning and remote access to AUT computers for specialist software. To make sure financial difficulty doesn't get in the way of your academic achievements, our support also extends to help with food or transport vouchers, rent and living expenses, and even laptops and data packages if you experience financial hardship.

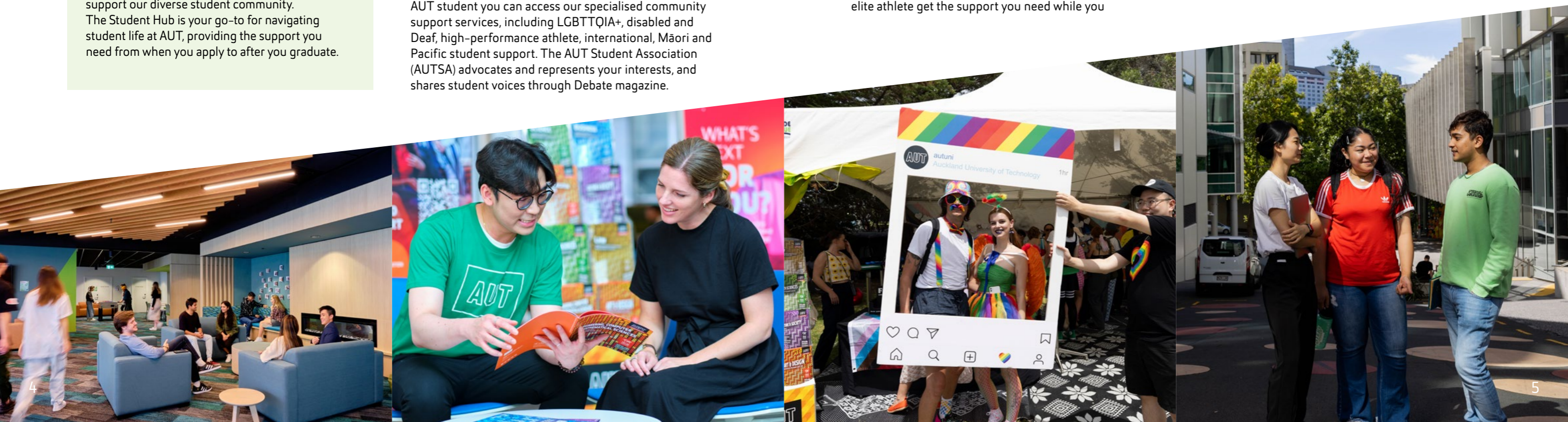
A vibrant uni experience

We want you to make the most of university life, have fun and grow during your time with us. Choose from over 90 student-led social, sustainability, cultural and academic clubs, or perhaps start your own. Participate in social sports, represent AUT through University Tertiary Sport (UTSNZ) and if you're an elite athlete get the support you need while you

compete internationally. Make the most of our state-of-the-art sports facilities at AUT Millennium, on-campus gyms at every campus, and a swimming pool and courts for tennis, volleyball, basketball and other sports at the South Campus. Our Te Āhuru Recreation Centre at the City Campus also has a sports court, dance and exercise studios, flexible spaces for clubs to meet, and large spaces to gather and share food.

Beyond learning and into employability

Our services and award programmes help you become a well-rounded graduate ready to succeed in New Zealand and the world, and support your career after you graduate. Attend employer presentations, events, and workshops throughout the year, and use our four graduate job boards, including for international career options. Develop sought-after skills through volunteering, leadership and employability activities with the AUT Edge and Beyond AUT Awards, or access funding and mentoring through AUT Ventures Limited to commercialise your AUT research. You can also study overseas as part of your degree at one of AUT Global's partner universities around the world.



Bachelor of Health Science

Overview

Our population is growing and we're living longer, increasing the need for dedicated and inspirational healthcare graduates. Study with us and we'll help you develop the skills to meet the changing needs of global healthcare. AUT is Aotearoa New Zealand's largest and most diverse health education provider, and our programmes are developed with input from district health boards and leading health organisations. You can specialise in a specific health discipline or become a health professional in a non-clinical role. You learn from staff who are leaders in their field and have a genuine desire to see you succeed. This means you'll be well prepared for your career in the health sector, no matter where you go.

Entry requirements

Minimum entry requirements

All majors

- University Entrance or equivalent
- Must be capable of meeting Health Practitioners Competence Assurance Act (HPCA Act) and Children's Act 2014 requirements, including police clearance

If there is a large number of applicants for a limited number of places in a programme, a selection process will be undertaken based on Te Tiriti o Waitangi, the needs of the health workforce, equity and inclusion.

For Midwifery, Nursing, Occupational Therapy, Oral Health, Paramedicine, Physiotherapy and Podiatry, applicants with English as a second or other language who have not completed at least three years of secondary schooling in Aotearoa New Zealand will be required to meet IELTS requirements.

Counselling⁴

Interview may be required

Midwifery⁵

- Must hold a valid driver's licence
- Will require satisfactory references
- Applicants will normally require 18 credits at level 3 in either Biology or Chemistry, and 16 credits in one subject from Art History, Classical Studies, Drama, English, Geography, Health Education, History, Media Studies, Social Studies, Te Reo Māori, Te Reo Rangatira

Nursing

- Will require satisfactory references
- Preference will be given to applicants with one subject from Art History, Classical Studies, Drama, English, Geography, Health Education, History, Media Studies, Social Studies, Te Reo Māori or Te Reo Rangatira, and one subject from Biology, Chemistry, Earth and Space Science, Physics, Science, Calculus, Mathematics, Statistics

QUICK FACTS

| | |
|----------|---|
| Level | 7 |
| Points | 360 |
| Duration | 3 years full-time, part-time available ¹ |
| Campus | North & South ² |
| Starts | 23 Feb & 13 July 2026 ³ |

Oral Health

- Preference will be given to applicants with Art History, Biology and one subject from Classical Studies, Drama, English, Geography, Health Education, History, Media Studies, Social Studies, Te Reo Māori or Te Reo Rangatira

Paramedicine

- Must hold a valid driver's licence
- Preference will be given to applicants with one subject from Art History, Classical Studies, Drama, English, Geography, Health Education, History, Media Studies, Social Studies, Te Reo Māori or Te Reo Rangatira, and one subject from Biology, Chemistry, Earth and Space Science, Physics, Science, Calculus, Mathematics, Statistics

English language requirements

Midwifery

IELTS (Academic) 7.0 overall with 6.5 or higher in Reading and Writing, and 7.0 in Listening and Speaking

Nursing, Paramedicine, Perioperative Practice

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

Occupational Therapy, Oral Health, Physiotherapy, Podiatry

IELTS (Academic) 7.0 overall with all bands 6.5 or higher

Other majors

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

Useful New Zealand school subjects

Biology, Chemistry, Health, Physical Education, Psychology, Science, Art History, Classical Studies, Drama, English, Geography, Health Education, History, Media Studies, Social Studies, Statistics, Te Reo Māori, Te Reo Rangatira

These subjects can give you a good foundation if you're planning to study health science, but do note that some of our programmes require specific school subjects as part of their entry requirements – refer to the minimum entry requirements on page 6 and 7.

Your study options

As a health science student you begin with courses that provide a good understanding of anatomy and physiology, a person's psychological and social development from conception to old age, and health and environmental perspectives in the context of Aotearoa New Zealand and the world.

After that, you focus on one of the following:

- Case Management
- Counselling
- Health Management
- Midwifery
- Nursing
- Occupational Therapy
- Oral Health
- Paramedicine
- Perioperative Practice
- Physiotherapy
- Podiatry
- Psychology
- Public and Environmental Health

For more information refer to pages 8–20.

You increasingly specialise in your chosen area of health science and become familiar with a wider range of complex health issues. Workplace experience is an important part of your study, and you can also study Māori health courses as part of your degree.

You can also study the Bachelor of Health Science without choosing a major, by following an individual pathway. This is a great way to tailor the degree to your interests and prepare yourself for a wide range of non-clinical careers.

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.

- Distance delivery (Lakes):** Midwifery.
Distance delivery (various locations): Paramedicine, Perioperative Practice.
- Case Management, Health Management, Nursing, Paramedicine, Perioperative Practice, Public and Environmental Health, and the individual pathway have a Semester 2 intake. Other Bachelor of Health Science majors may also have a Semester 2 intake.
 - Preference is given to applicants with appropriate life experience.
 - To register as a midwife, you need to meet the requirements of New Zealand's Midwifery Council. Scan the QR code on page 12 for more details.



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



"Treating whānau who have never received dental education or care before, and then seeing the immediate improvement in their oral health and confidence, is incredibly rewarding. It solidifies my belief in early intervention and patient education as cornerstones of effective oral health therapy. Working within our local communities and networking with other providers to ensure a wrap-around service for whānau has been gratifying. I loved that AUT's oral health degree had a rigorous curriculum and comprehensive preparation for a rewarding career in oral health. The programme's focus on dental hygiene, therapy, preventive care and patient education aligned perfectly with my career aspirations. AUT, including the dental clinics and simulation labs, offered unparalleled opportunities for hands-on learning and skill development."

Shannel Yorke
 Tapuika, Ngāpuhi
 Oral Health Therapist, Te Manu Toroa Kaupapa Māori Dental Services
 Bachelor of Health Science (Oral Health)

- Part-time study is available for the BHSc individual pathway, and the Case Management, Counselling, Health Management, Psychology, and Public and Environmental Health majors.
- South Campus:** Counselling, Health Management, Midwifery, Paramedicine, Perioperative Practice, and Public and Environmental Health.
North & South Campus: Individual pathway.
North Campus: Case Management, Nursing, Occupational Therapy, Oral Health, Physiotherapy, Podiatry, Psychology.
Distance delivery (Northland): Midwifery, Oral Health, Podiatry, Perioperative Practice.

Case Management

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Ageing populations, and more people living with long-term conditions with complex health needs mean that there's a need for a co-ordinated approach to healthcare. Case management recognises the individual at the centre of this complexity. You develop the skills needed to navigate healthcare systems, applying a case management approach through working with clinicians, clients and families to develop and oversee an individualised and appropriate plan of care.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to case management in the health sector, and become familiar with principles of wellness, health records management and how to advocate for patients.

YEAR 2 & 3

You deepen your understanding of case management. You'll learn about the theories, concepts and guiding principles of case management, and how to carry out core case management processes including assessments, planning, implementation, co-ordination and evaluation.

You gain an understanding of how to practise case management effectively with clients and family/whānau from a diverse range of backgrounds, and advocate for policies and environments that support quality rehabilitation.

Workplace experience

In your final year you have the opportunity to undertake the Health Practice Co-operative course; 150 hours of workplace experience related to case management.

Recent student placements have been at Lifewise NZ, South Seas Healthcare Trust and AUT Integrated Health.

Career opportunities

- Recovery coordinator and recovery partner roles with ACC
- Wellbeing navigator
- Health navigator with Pacific and Māori providers
- Community connector
- Employment services consultant
- Claims manager with private insurance companies



"Case management was in line with my career goals, previous work experience and a desire to be involved in a person's journey from start to finish. It was like I found my place in the world – where I fit in, what drives me and gives me purpose. Everything I learned during my degree only fed into that and I was so excited to start my career. When I was a student, my goal was to work for ACC, and here I am. I have more than 70 clients who need one-on-one support while they're recovering from short-term injuries like sprains, fractures or torn ligaments, both during their rehabilitation and in planning their return to work."

Antonia Rosedale
Kaiāwhina – Recovery Assistant, ACC
Bachelor of Health Science in Case Management with a minor in Interpreting

Health Management

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



Health management is becoming increasingly important. There are more and more Primary Health Organisations (PHOs) offering one-stop-shop services. But these complex health service providers need skilled people looking after the administration and management side. One patient can have multiple healthcare requirements, and as a health management graduate you ensure all their needs are met. Health management is a good choice if you want to move into the business administration side of the health sector.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to health management and learn more about the social and political influences on health and disability support and management in Aotearoa New Zealand.

YEAR 2 & 3

You focus on developing practical skills while deepening your understanding of health management, administrative management in the health sector, health and wellness, and the needs of clients.

Across these two years you'll learn how to work as a team to provide culturally appropriate support and apply administrative, management and mediating skills for clients. You also learn to analyse and interpret health-related information, and become familiar with industry-specific technology to access, interpret and present this information. The final year prepares you to make the transition to working within the wider health sector.

Workplace experience

At the heart of your final year is the Health Practice Cooperative course; 150 hours of workplace experience in organisations where you can put into practice the management skills you have learnt. Recent placements have included: ACC, Ember Services, AUT Integrated Health, South Seas Healthcare Clinic, Auckland Council, Southern Cross Group; Health, Quality and Safety Commission; Odyssey, Village Cooperative, WMDHB, Whānau Ora, Health Economics Consulting, and Oceania Healthcare.

You may also be able to work on one of several research, teaching and innovation projects.

Career opportunities

- District health board roles
- Roles in other Crown agencies
- Roles in private healthcare providers



"Coming from a refugee background, I chose this degree to make a meaningful impact on healthcare access for underserved communities. AUT was the ideal choice because of its inclusive culture, strong emphasis on practical experience, and the support it offers to students from diverse backgrounds. For me, a significant achievement was gaining confidence in my ability to analyse and address healthcare issues effectively through the collaborative projects and presentations. These experiences were instrumental in preparing me to tackle complex issues faced by vulnerable communities. I had a pivotal moment when I realised how strategic thinking and effective management could significantly improve healthcare delivery. This realisation inspired me to focus my career on advocacy for refugees and asylum seekers."

Shamis Ismail
Asylum Seekers Advocate,
Asylum Seeker Support Trust
Bachelor of Health Science in Health Management

Public and Environmental Health

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



Those working in public and environmental health are preventative thinkers who understand and can reshape health in a sustainable way. This study option is committed to human rights, health equity and social justice principles. The skills you acquire will enable you to develop and lead initiatives in mental health, violence-free society, youth and community development, healthy eating and fitness, industry and lifestyle wellness, environmental sustainability and healthy spaces, road safety and injury prevention, tobacco, alcohol and gambling controls.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to public and environmental health, and explore key issues affecting the health and wellbeing of people and communities.

YEAR 2 & 3

You develop practical skills and further your understanding of the values and approaches of public and environmental health.

Over these two years you'll become familiar with the philosophies that underpin public and environmental health, and learn how to apply them to help people. You also learn how to analyse health strategies and contribute to public and environmental health initiatives. You also explore how to communicate new health initiatives using a variety of media to reach all sectors of society. The final year prepares you to make the transition to working in the wider sector.

Workplace experience

At the heart of your final year is the Health Practice Cooperative course; 150 hours of workplace experience in organisations involved in public and environmental health. Recent placements included:

- Healthy Families: Manukau, Manurewa-Papakura
- Manurewa Marae: Whare Oranga
- District health boards
- Auckland Council
- Accessible: Environmental Health Management Services
- The Asian Network Incorporated
- Breast Cancer Foundation NZ

You may also be able to work on one of several research, teaching and innovation projects.

Career opportunities

Roles in the public and private sectors in areas like:

- Sustainability
- Urban development
- Equity programmes
- Māori and Pacific health
- Digital arena – eHealth apps, serious games etc
- Social innovation and enterprise



"Public health and environmental health combines my desire to help others with my passion for fighting inequities and injustices in our health system. The avenues to pursue within public health are endless, and my degree equipped me with the tools to do so. I decided to also minor in Māori development to better educate myself on te ao Māori. This has enabled me to more deeply understand public health in the context of Aotearoa New Zealand. AUT has enabled me to be flexible and learn about the things I'm passionate about; the things that matter to me."

Meg Harland

Warm Dry Homes Co-ordinator,
Kootuitui ki Papakura
Bachelor of Health Science in Public and Environmental Health, with a minor in Māori Development

Counselling

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



If you become a counsellor you help people deal with their feelings, better understand themselves, make decisions and create change in their lives. The Counselling major prepares you to work with a diverse client base. You become familiar with the history and theory of counselling, and the relational counselling model. The degree includes 200 hours of counselling practice, bicultural learning, marae visits and knowledge of Te Tiriti o Waitangi issues. Preference is given to applicants with appropriate life experience.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you become familiar with the history and theory of relational and kaupapa Māori approaches to counselling, and counselling skills and knowledge including the client/counsellor relationship.

YEAR 2

You deepen your understanding of counselling and begin your first counselling placement. Courses cover areas like group counselling, mental health and psychopathology.

YEAR 3

You continue your counselling placement and complete the last of your counselling courses and some optional courses. You further your counselling skills and knowledge, and delve into health law and policy.

Workplace experience

As part of this major you complete a minimum of 200 hours of counselling practice and 20 hours of supervision, along with 10 hours of cultural supervision as required by the New Zealand Association of Counsellors. Please note that there will be an additional cost for this supervision.

Career opportunities

- Community counselling agencies
- Counsellors in schools
- Mental health providers
- Māori health providers
- Pacific health providers
- Refugee and migrant services

Graduates are eligible to apply for provisional membership of New Zealand Association of Counsellors (NZAC) to begin practising as a counsellor.

Midwifery

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



Develop the skills to provide excellent midwifery care. AUT's midwifery degree prepares you for a successful and rewarding career as a midwife, either as a hospital midwife or a lead maternity carer (a self-employed case loading midwife). Practical experience is a key part of the midwifery programme. You spend more than half of your time in clinical practice, developing the skills to become a confident and competent midwife.

What you study

The Bachelor of Health Science (Midwifery) is a four-year, 480-point programme.

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to midwifery practice and gain an understanding of how to provide safe, competent and culturally safe midwifery care within the scope of normal childbirth.

YEAR 2 & 3

You further your understanding of the art, science and practice of midwifery and pharmacology. Courses also explore complications of childbirth, the newborn with special needs, women's health and factors that impact on midwifery. These skills prepare you for professional practice.

YEAR 4

You spend 80 percent of your time in practice placements with lead maternity carer midwives (self-employed case loading midwives) in the community and in primary and secondary maternity hospitals.

Workplace experience

Throughout your studies you complete 2,400 practice hours, an experience that reflects the real world of midwifery.

This includes:

- **Year 1:** 150 hours (simulation and skills on campus)
- **Year 2:** 450 hours
- **Year 3:** 600 hours
- **Year 4:** 1,200 hours

To apply for this degree, the programme code is AK1035.

Nursing

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



Nurses are critical to the success of the healthcare system, and AUT-trained nurses are recognised as some of the best in New Zealand. We achieve this through our strong nursing programme, guided by leading nursing academics and clinicians. The nursing degree focuses on interprofessional practice and care, just like it is in the workplace. You'll learn that health and healthcare is multifaceted and dynamic, and goes beyond health and illness care to nurture the growth of healthy communities.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to nursing practice and become familiar with nursing knowledge, nursing skills and health service delivery.

YEAR 2

You focus on nursing individuals with physical and mental illness. Year 2 also includes community placements where you gain clinical experience in both the hospital and community, in acute and chronic illness and mental health. You also become familiar with conceptual knowledge, psychomotor skills and clinical decision-making skills.

YEAR 3

In your final year, the focus is on the complexity of caring for individuals, young and old, and their families in hospital and community settings. You develop clinical skills, clinical reasoning and decision-making skills to nurse people with complex health conditions. You also study the impact of developmental and rehabilitation issues.

Workplace experience

The final semester prepares you for graduate nursing practice. This involves an extended placement (360 hours) in a setting where you can apply your science and nursing knowledge to the nursing of individuals, families and populations with a range of health needs. Recent placements included Starship (paediatric), Community Alcohol and Drug Services (CADS), Mason Clinic (forensic mental health), emergency and critical care departments, primary healthcare and aged care.

Throughout your studies you complete 1,200 hours of practical experience in hospitals and community centres.

To apply for this degree, the programme code is AK3324.

Career opportunities

Midwives work in the areas of pregnancy and childbirth, including the first six weeks after childbirth. They are employed in public hospital services, or set up in practice as a self-employed midwife in the community.



"Raising awareness and sharing information with people about women's health has always been a passion of mine. I believe that pregnancy and childbirth are normal life events and all women should feel safe and empowered during this experience. As a midwife, I walk alongside women and their families on this journey; helping them make informed decisions about their body and childbirth. I've really enjoyed the hands-on experience and the clinical placements AUT's midwifery degree offers. It's a beautiful experience to be a part of the excitement of the parents-to-be as the birth approaches, and support them during the birth process and the parenting afterwards."

Asma Haidari
Community Midwife,
Botany Maternity Unit
Bachelor of Health Science (Midwifery)

Career opportunities

Graduates who pass the Nursing Council of New Zealand's State Examination gain registration as a Registered Nurse. Nursing registration gives scope for specialisation in health service delivery and work in organisations allied to the health sector.



"I have a passion for working for and with my Māori culture, and want to make a difference to people in need of help. A great way to do this was by working in the medical field. What initially attracted me to nursing was the opportunity to work in a diverse range of fields in the health sector. I chose to study at AUT as I valued the reputation of the health sciences programmes, and the support and hands-on approach to allow for students to strive for success. The support structures that are in place allow students to work hard in an environment where they are fully supported."

Taria Viliua
Ngāpuhi, Tainui
Clinical Nurse Specialist,
Te Whatu Ora - Waitematā District
Health Board
Postgraduate Diploma in Health Science
in Advanced Nursing Practice student
Bachelor of Health Science (Nursing)

Occupational Therapy

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



Occupational therapists promote the health and wellbeing of individuals, groups and communities. They help people participate in everyday activities including learning, communication, interpersonal interaction and relationships, mobility, self-care, domestic life, and social life. Occupational therapists can also modify people's environment – or the activity itself – to help them participate in the activity.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to occupational therapy, and the meaning and characteristics of a range of occupations. You also complete a supervised fieldwork practicum.

YEAR 2

You explore how illness or injury impacts on people performing their occupations and typical occupational therapy intervention. You can experience practice education in both semesters.

You consider how the environment affects occupational performance, learn about research, develop group work skills, and choose from a range of electives. Throughout the year you'll need to complete fieldwork hours.

YEAR 3

You learn about using evidence in practice to work with individuals; how to work with communities, organisations or groups of people; and how to change systems to enable participation. You also develop decision-making skills around assessment and intervention.

Workplace experience

Throughout your study you complete block placements (at least 1,000 hours) in a number of practice settings to prepare you for professional registration. You could experience a wide range of practice areas across Te Whatu Ora and other organisations including hospitals, community services, Kaupapa Māori services, specialist schools, forensic services or private practice.

Career opportunities

When you graduate you can apply to register as an occupational therapist in New Zealand and other countries. Occupational therapists work with all age groups in:

- Primary Health Organisations (PHOs)
- Health centres and hospitals
- Residential care facilities
- Private practice
- Rehabilitation and ACC



"I would 100% recommend studying occupational therapy. After working as a community carer in the UK during COVID-19, I knew that I wanted to change my life and work in healthcare. I originally wanted to be a paramedic however during my first semester studying health sciences at AUT, I realised that the more I researched and looked into occupational therapy the more I realised I wanted to be an occupational therapist. It's a great healthcare profession, and the programme has been really challenging and engaging, with a mix of theory and good practical experience. Occupational therapy allows me to explore my logical and creative brain as I can help people problem solve and get back to the things they need and want to do in life."

Jenny Martin

3rd-year student, Bachelor of Health Science (Occupational Therapy)

To apply for this degree, the programme code is AK3410.

Oral Health

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



Accredited by the Dental Council of New Zealand, this degree equips you with the knowledge and skills to practise oral health therapy. The practice of oral health therapy includes procedures for the assessment of oral health and prevention of dental caries and periodontal disease, delivering treatment for dental caries in patients up to the age of 18, managing periodontal disease and engaging with communities to promote oral health. A wide range of teaching and learning methods is used including lectures, online sessions, self-directed learning, hands-on training in the simulation laboratory, community engagements and clinical placements.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you learn more about human anatomy and the integral role it plays in oral health therapy practice. You also become familiar with the prevention and management of dental diseases, and have the opportunity to work first-hand with the community, including an education programme that you plan, evaluate, resource and implement.

YEAR 2

You continue to study human sciences with particular emphasis on the oral cavity, and become familiar with generic and discipline-specific pharmacology. You further your understanding of restorative and hygiene practice procedures in the pre-clinical laboratory. This year you also start to assess and treat patients in the clinics at AUT and in the wider community.

YEAR 3

You complete your pre-clinical education and start to undertake clinical activities both on and off site. To ensure 'work readiness', you will undertake your oral health courses as well as courses focused on health law and professional practice and ethics.

Workplace experience

Throughout your study you complete over 1,000 hours of clinical learning to prepare you for professional registration. There's an emphasis on practical experience, including clinical experience at AUT's on-campus oral health clinic, private practices and DHB clinics. In your final year, you complete a community placement in New Zealand or internationally.

To apply for this degree, the programme code is AK3113.

Career opportunities

By successfully completing this degree you can register as an oral health therapist with the Dental Council of New Zealand. Your qualification is also recognised in Australia.

You could work in:

- District health boards (DHBs)
- Private, general or specialist practice
- Oral health promotion
- Education sector



"My lecturers sparked my passion to get where I am today, and made me realise that a career in oral health is not just about treating teeth but about improving overall health and wellbeing, fostering better health outcomes and making a meaningful difference in the community. I now work with children from birth to Year 8 and am responsible for providing comprehensive dental care. This includes thorough dental examinations, preventive treatments and restorative dental procedures. It makes me proud to work in one of the first health professions that a child will ever visit and remember."

James Hickey

Oral Health Therapist, Auckland Regional Dental Services (ARDS), Te Whatu Ora – Waitemata District Health Board
Bachelor of Health Science (Oral Health)

Paramedicine

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



Paramedicine is New Zealand's most trusted profession, helping the community it serves in times of need. The Paramedicine major prepares you for these challenges. You learn from staff who are intensive care paramedics, emergency nurses, defence force medics, midwives, medical specialists and emergency management specialists. There's a focus on practical experience with clinical placements available in ambulance services, hospitals, mental health institutions, ski fields, and community or primary health centres.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to paramedicine, and the practical aspects of pre-hospital emergency care and the clinical work environment. You also become familiar with medical trauma, and the management of traumatic and acute medical emergencies.

YEAR 2

You develop further theory and skills related to paramedicine practice. There's an emphasis on cardiology and managing patients with altered haemodynamics (resuscitation, defibrillation, 12 Lead ECG, intravenous access and drug therapy). You also become familiar with pharmacology and research methods for paramedics and complete large amounts of clinical practice. Ambulance operations are also covered.

YEAR 3

You develop a safe, integrated clinical paramedicine practice. This includes resuscitation, mental health, primary care and health law. This year focuses on preparing you for employment as a practising paramedic. It also includes a clinical reasoning component.

Workplace experience

Throughout your degree you complete approximately 1,000 hours of clinical placement in ambulance services, hospitals, mental health institutions and community or primary health centres. These placements require you to be mobile and work shifts.

Career opportunities

- Paramedic
- International relief work
- Safety services and emergency management roles
- Medic on super-yachts and cruise liners
- Working on oil rigs, industrial sites or ski fields



"I wanted to have a career that excites and challenges me. As a paramedic every day is different, and you get to meet so many different people. I'd definitely recommend AUT's paramedicine degree to others. This programme has a great balance of theoretical and practical components, and all of the lecturers are so helpful and supportive. I really enjoyed being able to attend the clinical placements throughout my degree. You can interact with patients in real-life situations and put the skills you learn in class to use, as well as work alongside ambulance officers and other health professionals. This is where you gain the experience for life as a paramedic after university and make valuable connections."

Eireann Hudner
Paramedic, St John
Bachelor of Health Science in Paramedicine

Perioperative Practice

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



Become an anaesthetic technician and care for patients throughout their operating theatre journey. You'll become a key member of a team that cares for patients at a vital time, and really make a difference to their lives. You learn from staff who are anaesthetic technicians, anaesthetists, nurses, midwives and medical specialists. There's a focus on practical experience with clinical placements in a range of operating theatre specialities. As a graduate of this programme you can apply for registration as an anaesthetic technician with the Medical Sciences Council of New Zealand.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to the theory and practice of anaesthesia and perioperative care, and the management of traumatic and acute medical emergencies.

YEAR 2

You're introduced to methods of research and enquiry, pharmacology, surgery, haemodynamics and cardiology. You also further your skills in anaesthetic and perioperative practice. This year also contains a clinical practice element.

YEAR 3

You advance your knowledge of anaesthetic and perioperative practice including more clinical practice elements. You'll also cover clinical reasoning, life support, health law and policy, and clinical risk management.

Workplace experience

Throughout your degree you complete approximately 1,100 hours of clinical placement in perioperative settings, including public and private hospitals, operating rooms, post-anaesthetic care units, and resuscitation teams. These placements require you to be mobile and work shifts. Students may be required to undertake clinical placements anywhere within New Zealand.

Career opportunities

Anaesthetic technicians can work at District Health Boards (DHBs) or private hospital organisations. With this degree you'll be highly employable throughout New Zealand.



"I had chosen the perioperative practice degree because I have a passion for helping people. The degree leads to the specialised job of anaesthetic technician. I've found this programme extremely interesting, and have really enjoyed building on my knowledge through assignments and clinical placements. The lecturers have given me confidence in my abilities. I've also really enjoyed my clinical placements because I was able to interact with others in the workforce and start learning the anaesthetic technician role. I can't wait to graduate and be a registered anaesthetic technician and help people through times in their life that could be very traumatic and stressful. It's great to be able to support patients through this by making it as comfortable as possible."

Amy McMillan
Te Ati Haunui-a-Pāpārangī
3rd-year student, Bachelor of Health Science
in Perioperative Practice

Physiotherapy

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



Physiotherapists help people improve their quality of life. As a physiotherapist you work with a wide range of people, helping them overcome physical problems due to ageing, injury, diseases, disorders, conditions or environmental factors. Most New Zealand physiotherapists work privately, treating acute sport and accidental injuries, chronic pain, back and neck problems. You also find physiotherapists in most hospitals and general practices. Our physiotherapy graduates are recognised throughout the world for their knowledge and leadership in healthcare.

What you study

The Bachelor of Health Science (Physiotherapy) is a four-year, 480-point programme.

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to physiotherapy and become familiar with body systems and functions in preparation for physiotherapy practice.

YEAR 2

You're introduced to the management of abnormal function and physiotherapy assessment, including clinical reasoning principles, evidence-based practice and a range of physiotherapeutic techniques. You develop an understanding of the rehabilitation of disorders of movement and function, exercise-based rehabilitation and clinical science reasoning and research methods. You could also spend one week observing physiotherapy in practice.

YEAR 3

You develop more specific assessment and treatment skills, and become familiar with a wider range of complex health issues. This requires more detailed assessment and advanced treatment strategies, together with an understanding of reflective, professional and ethical practice. You'll also be provided with a two-week student assistantship.

YEAR 4

The majority of the year is spent in a clinical centre, where you complete supervised physiotherapy practice experience.

Workplace experience

There is a strong focus on clinical practice, and you complete about 1,000 hours of clinical physiotherapy experience as part of your studies.

To apply for this degree, the programme code is AK3313.

Career opportunities

Physiotherapists specialise in acupuncture, cardiothoracic illness, hand therapy, health promotion and primary healthcare, manual therapy, mental health, neurology, occupational health, older adults, paediatrics and sports.



"My final-year clinical placements were a key highlight of my time at AUT. My placements were challenging and incredibly rewarding, and offered me the chance to work with a diverse range of patients, from athletes returning to sport, to stroke survivors relearning basic functions like walking, and individuals recovering from acute medical events. Each experience reinforced the profound impact we can have on people's lives working in healthcare and the deep fulfilment that comes from helping others. I particularly enjoyed the caseload during my clinical placement at Roland Jeffrey Physiotherapy, ranging from sports injuries to post-operative orthopaedic rehabilitation and chronic pain. This variety kept me continuously learning in a key area of interest."

Aidan Scrooby
Physiotherapist, Roland Jeffrey Physiotherapy
Bachelor of Health Science (Physiotherapy)

Podiatry

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



Podiatry focuses on the prevention, diagnosis, treatment and rehabilitation of common conditions affecting the lower limb and foot. Study podiatry with us, and you'll be well prepared for a career as a podiatrist in both the private and public sectors. After successfully completing this degree, you can apply to register as a podiatrist in New Zealand and overseas.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you become familiar with podiatry clinical practice and musculoskeletal podiatry, and further your understanding of human anatomy and physiology.

YEAR 2

You undertake clinical practice, focusing on clinical podiatry techniques, and under supervision begin to treat patients at AUT Integrated Health's podiatry clinic. You explore contemporary concepts in pathology, diabetes and the management of common musculoskeletal conditions, and expand on the theory introduced in Year 1 including anatomy, physiology and clinical musculoskeletal assessment.

YEAR 3

You study rheumatology, diabetes management and podiatric imaging. You develop clinical decision-making skills to become an independent practitioner.

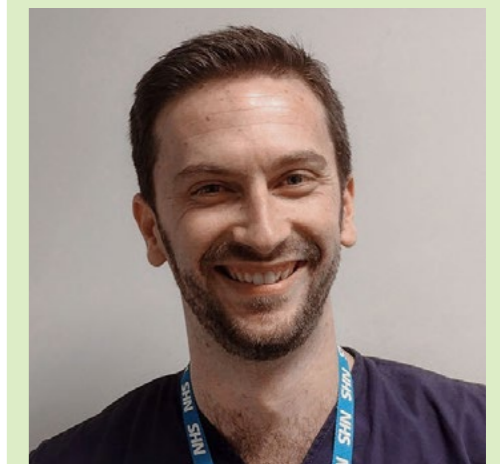
Workplace experience

Clinical placements in hospitals, primary health organisations, private practices and AUT's on-campus podiatry clinic are a key part of this programme. Your final year ends with an extended placement in private practice, the public sector and AUT's clinical facility, exposing you to a wide range of interprofessional clinical environments.

To apply for this degree, the programme code is AK3713.

Career opportunities

To work as a podiatrist you need to hold a degree in podiatry and be registered by the Podiatrists Board of New Zealand. Qualified New Zealand podiatrists are able to practise in Australia, Singapore, and the United Kingdom. You could work in sports, high-risk foot and older adult podiatry.



"I thoroughly enjoyed my time at AUT. The academic staff were all very knowledgeable and approachable. The structure of the podiatry degree with its combination of lectures, practical sessions and clinical placements from the first year on really suited my learning style and set me up with the clinical skills to begin my journey as a podiatrist. One achievement I'm especially proud of was being selected for a studentship with the Counties-Manukau District Health Board to complete a clinical audit on podiatric intervention in the rheumatology setting. The audit ended up being published in the Journal of Foot and Ankle Research and an editorial was also published in the New Zealand Medical Journal."

Jonathan Chapman
Musculoskeletal Extended Scope Podiatrist,
Homerton University Hospital NHS
Foundation Trust, London
Bachelor of Health Science (Podiatry)

To apply for this degree, the programme code is AK3713.

Psychology

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



Psychology is a broad and exciting discipline that covers a range of approaches to studying and understanding behaviour. In the Psychology major you gain a broad understanding of psychological research and theory, and related ethical and legal issues. AUT psychology graduates are sought after because of their understanding of scientific research, and key interpersonal and interviewing skills.

What you study

YEAR 1

All health sciences students take the same courses in the first semester so you can develop an in-depth understanding of general healthcare. In Semester 2, you're introduced to the principles, theories, applications and methodologies of psychological practice and research.

YEAR 2

You deepen your understanding and knowledge of psychology and depending on your specific pathway, your courses could cover topics like abnormal psychology, cognitive psychology and social psychology.

YEAR 3

You learn to think ethically and critically in the context of professional psychology practice. You should choose psychology courses relevant to your future career prospects. Courses may cover areas like psychological analysis, biopsychology, positive psychology, health psychology and approaches to psychological interventions.

Study options

You can study the Bachelor of Business conjointly with the Bachelor of Health Science in Psychology. The Psychology major can also be completed as a double major with Public and Environmental Health in three years.

Career opportunities

- Government, health and social services roles
- Customer service
- Human resources
- Management development programmes
- Marketing
- Policy analysis and development
- Psychologist¹
- Social research

1. Registration as a professional psychologist requires postgraduate study. AUT offers a pathway to registration as a counselling psychologist.

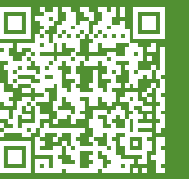


"I was intent on finding out more about how the mind works, and how I could apply this in my day-to-day life. I became really passionate about seeing how I could apply this in a human resources role, and using what I had learnt to contribute to wellbeing, learning and development in an organisation. AUT stood out as a university that valued creativity and collaboration, with a hands-on approach to learning and some amazing lecturers - enrolling at AUT was a no-brainer really. I'm lucky to now work in a tight-knit HR team, in a business of approximately 550 staff. It's the people that make it happen, and my role is about supporting them, which I'm really passionate about."

Caitlin Hardy
People & Culture Advisor, Hawkins
Bachelor of Health Science in Psychology

Bachelor of Health Science (Honours)

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



BHSc(Hons)/BHSc(Hons)Psych | AK3662

QUICK FACTS

| | |
|----------|---------------------------------------|
| Level | 8 |
| Points | 120 |
| Duration | 1 year full-time, part-time available |
| Campus | North |
| Starts | 23 Feb 2026 |
| Apply by | 5 Dec 2025 (Psychology only) |

Investigate and research a specific area of health science with this one-year honours programme. The Bachelor of Health Science (Honours) is aimed at high-achieving graduates of the Bachelor of Health Science. It's a great way to make your CV stand out and can also serve as a fast track into doctoral study.

You can either complete the standard pathway or specialise in psychology.

Entry requirements^{1,2}

Minimum entry requirements

Completed the Bachelor of Health Science with a B+ grade average or higher in level 7 courses in the selected subject area for this degree, or equivalent

Selection criteria

Interview will be required

English language requirements

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

What this qualification covers

This programme includes courses and a research dissertation on a specific health science topic of your choice, under the supervision of one of our experienced academic staff. Your individual course of study will be approved by the programme leader.

Standard pathway

Courses in this pathway further your understanding of your chosen area of practice, and explore topics like leadership, Māori and Pacific health and professional practice.

Psychology pathway – Bachelor of Health Science (Honours) in Psychology²

Courses in this pathway cover areas like psychological theory and interventions. Psychology students can add two years' postgraduate study to their honours degree to be eligible for registration.

1. Potential students are usually identified in the third year of their bachelor's degree. Your individual course of study will need to be approved by the programme leader.
2. To be admitted, you must have personal qualities that show suitability for this programme, including supplying references and satisfying a police check. An interview will normally be required.

Bachelor of Health Science (Physiotherapy) (Honours)

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



An ageing population with increasingly chronic and complex conditions means there's a growing demand for physiotherapy clinical services and physiotherapists with advanced skills in clinical research. Graduates will have advanced research skills that prepare them well for doctoral level study and a research-based career pathway.

Top students in the Bachelor of Health Science (Physiotherapy) will be invited to apply for this degree.

Entry requirements

Minimum entry requirements

- Must have completed 180 points at level 6 and 60 points at level 7 from the Bachelor of Health Science (Physiotherapy) with a B+ grade average or higher.
- A student who has already graduated with a Bachelor of Health Science (Physiotherapy) may not be admitted to the Bachelor of Health Science (Physiotherapy) (Honours).
- Admission is subject to the approval of the dean (or representative).

Selection criteria

Interview may be required

English language requirements

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

What this qualification covers

YEARS 1 & 2 AND SEMESTER 1, YEAR 3

You're enrolled in the Bachelor of Health Science (Physiotherapy) and need to complete courses to the required academic standard to be invited into the Bachelor of Health Science (Physiotherapy) (Honours). If you've been accepted into the honours programme, any courses you have completed in the bachelor's will be reassigned to the honours programme.

SEMESTER 2, YEAR 3

You study three courses to further your understanding of physiotherapy practice, as well as one research methods course to prepare you for your dissertation next year.

YEAR 4

The year will be arranged in four teaching blocks, and you spend the first three blocks completing your final-year clinical practice courses. In the last teaching block, you research a topic of your interest in your honours degree dissertation.

1. Invited students will start this honours degree after the first semester of Year 3 of their Bachelor of Health Science (Physiotherapy).

BHScPhty(Hons) | AK4662

QUICK FACTS

| | |
|----------|-------------------|
| Level | 8 |
| Points | 480 |
| Duration | 4 years full-time |
| Campus | North |
| Starts | 13 July 2026 |

Career opportunities

As a graduate of this programme, you'll meet the preparatory education requirements for registration as a physiotherapist in Australia and New Zealand. You'll also have the research and critical thinking skills for further postgraduate study at master's degree or doctoral level, and to begin a clinical research career.

Diploma in Paramedic Science

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



DipPSc | AK1011

QUICK FACTS

| | |
|----------|-----------------------|
| Level | 6 |
| Points | 120 |
| Duration | 1 year full-time |
| Campus | South |
| Starts | 23 Feb & 13 July 2026 |

Career opportunities

Working for:

- St John
- Wellington Free Ambulance service
- New Zealand Defence Force (NZDF)
- Other pre-hospital medical providers

The Diploma in Paramedic Science is for students who want a career in pre-hospital emergency healthcare, primarily in an ambulance setting. After completing the Diploma in Paramedic Science you will have successfully met the requirements to apply for work as an Emergency Medical Technician (EMT) in New Zealand.

An emergency medical technician administers pre-hospital emergency care – looking after patients during the time between when an ambulance locates the patient and when that patient arrives at the hospital or treatment centre. EMTs are required to provide a high level of professional medical care to patients under a variety of circumstances.

Entry requirements

Minimum entry requirements

- Completion of Year 12
- Must be capable of meeting the Health Practitioners Competence Assurance Act (HPCA Act) and Children's Act 2014 requirements, including police clearance
- Must be 18 years or older by the first day of semester
- Minimum requirement of a learner drivers licence to apply

Places are limited. Preference will be given to applicants with the highest rank scores or evidence of accomplishments in the relevant field.

English language requirements

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

What this qualification covers

Courses you'll take may cover areas like paramedic theory and practice, human anatomy and physiology, and pathology. There's an emphasis on clinical practice, and you'll become familiar with assessing and communicating with patients, and out-of-hospital management of medical and trauma conditions.

Graduate Diploma in Psychotherapy Studies

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



The Graduate Diploma in Psychotherapy Studies is designed for health professionals and volunteers, as well as individuals interested in becoming a psychotherapist and focuses on a detailed understanding of human experience and behaviour.

Graduates who go on to complete the Master of Psychotherapy can apply for provisional membership of the New Zealand Association of Psychotherapists or the New Zealand Association of Child and Adolescent Psychotherapists (according to the course of study undertaken), and under an interim scope of practice with the Psychotherapists Board of Aotearoa New Zealand.

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 bachelor's degree
- Interview may be required

The recommended background includes:

- Having engaged in at least six months of your own personal psychotherapy
- Evidence of people-helping experience (like counselling or similar)

English language requirements

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

What this qualification covers

You'll explore the theory and foundation skills of psychotherapy, and develop an understanding of human experience and human behaviour. There's an emphasis on self-awareness and experiential learning.

Those pursuing an adult psychotherapy focus take courses that cover areas like mental health, psychopathology and psychotherapy.

If you intend to pursue child and adolescent psychotherapy you take courses that cover areas like psychoanalytic concepts and theory, and gain skills in the observation of infants, children and adolescents.

You also need to engage in your own personal psychotherapy.

GradDipPsychotherapySt | AK3580

QUICK FACTS

| | |
|----------|---------------------------------------|
| Level | 7 |
| Points | 120 |
| Duration | 1 year full-time, part-time available |
| Campus | North |
| Starts | 23 Feb 2026 |
| Apply by | 27 Oct 2025 |

Career opportunities

This programme is designed to augment your skills for working in an area that requires you to form professional relationships with patients. It also contributes to the entry criteria for the Master of Psychotherapy.

Graduate Diploma in Health Science Graduate Certificate in Health Science

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



These programmes are designed for people with considerable work experience in health, sport or recreation who want to gain a qualification in their field. They're also suitable if you have a degree in another discipline and don't meet the entry criteria for postgraduate study. Both programmes include courses from the Bachelor of Health Science or Bachelor of Sport, Exercise and Health.

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 bachelor's degree

English language requirements

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

If you're taking clinical health science courses, you need to meet the requirements for the relevant Bachelor of Health Science subject area.

What these qualifications cover

You take approved undergraduate courses and will be guided to select your courses in your chosen subject area.

Subjects you can study include:

- Addictions
- Oral health
- Psychology
- Renal physiology

You can also choose other approved undergraduate courses from the Bachelor of Health Science or the Bachelor of Sport, Exercise and Health.

Graduate Diploma in Health Science
GradDipHSc | AK1013

QUICK FACTS

| | |
|----------|--|
| Level | 7 |
| Points | 120 |
| Duration | 1 year full-time, part-time available ¹ |
| Campus | North & South ² |
| Starts | 23 Feb & 13 July 2026 |

Graduate Certificate in Health Science
GradCertHSc | AK3757

QUICK FACTS

| | |
|----------|---|
| Level | 7 |
| Points | 60 |
| Duration | ½ year full-time, 1 year part-time ¹ |
| Campus | North & South ² |
| Starts | 23 Feb & 13 July 2026 |

1. As not all courses are offered every semester, it may not be possible to complete the qualification in the timeframe specified.
2. Not all courses are offered at both locations.



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 studying in a New Zealand high school, you must meet the requirements for University Entrance to gain admission to bachelor's degrees, plus any additional requirements for your chosen programme such as specific subjects and interviews.

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 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 for entry requirements for specific countries. If you have any questions, you can contact us at aut.ac.nz/enquire

UniPrep programme

Not sure if you're ready for university or what to expect at AUT? Taking place over five weeks in January and February every year, UniPrep is designed to ease you into university life and ensure you get the best possible start. Expect to advance your study skills, make lifelong friends, take part in team activities, find out where to get support for your studies and complete your first university course. Once you're part of our UniPrep whānau, just know – we got you!

Visit 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

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

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 2025 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 2026 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): \$4,460 (for 60 points) – \$13,121 (for 120 points)¹
(\$3,864 – \$11,929 tuition fees + \$596 – \$1,192 student services levy)

Postgraduate programmes

Fee (per year): \$11,220 (for 120 points)¹
(\$10,028 tuition fees + \$1,192 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): \$19,796 (for 60 points) – \$48,192 (for 120 points)
(\$19,200–\$47,000 tuition fees + \$596–\$1,192 student services levy)

Postgraduate programmes

Fee (per year): \$44,792 (for 120 points)
(\$43,600 tuition fees + \$1,192 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 a full-time domestic student, you may qualify for a student loan or allowance. Student loans and allowances are administered and paid by StudyLink. The application process can take some time, so it's a good idea to apply early. You can apply for a student loan or student allowance before your enrolment at AUT is complete.

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

Free fees for your university study¹

Eligible domestic students may receive their final year of full-time study fees-free. To check if you're eligible for fees-free study aut.ac.nz/fees

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

Financial assistance

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

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 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 including the Welcome to Auckland scholarship and Find Your Greatness scholarship (details below).

Visit the scholarships website for a full 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.

AUT Welcome to Auckland Scholarships

Because we recognise the challenges students may face when moving to Auckland, AUT's three-year Welcome to Auckland scholarships make a contribution towards students' accommodation and study fees. These scholarships recognise high-achieving secondary school students living outside of Auckland who intend to enrol in bachelor's degree study commencing in 2026.

AUT Find Your Greatness Scholarships – School Leaver

AUT's Find Your Greatness undergraduate scholarships for school leavers reflect our commitment to creating great graduates. These three-year scholarships recognise students' academic achievement, as well as students' potential leadership ability and contribution to their school or community, cultural pursuits or sport at a representative level.

The Find Your Greatness scholarships are offered in the four categories below for study commencing in 2026:

- Academic Excellence
- All Rounder
- Hiki Ake (Lift Up)
- Kiwa (Māori and Pacific students)

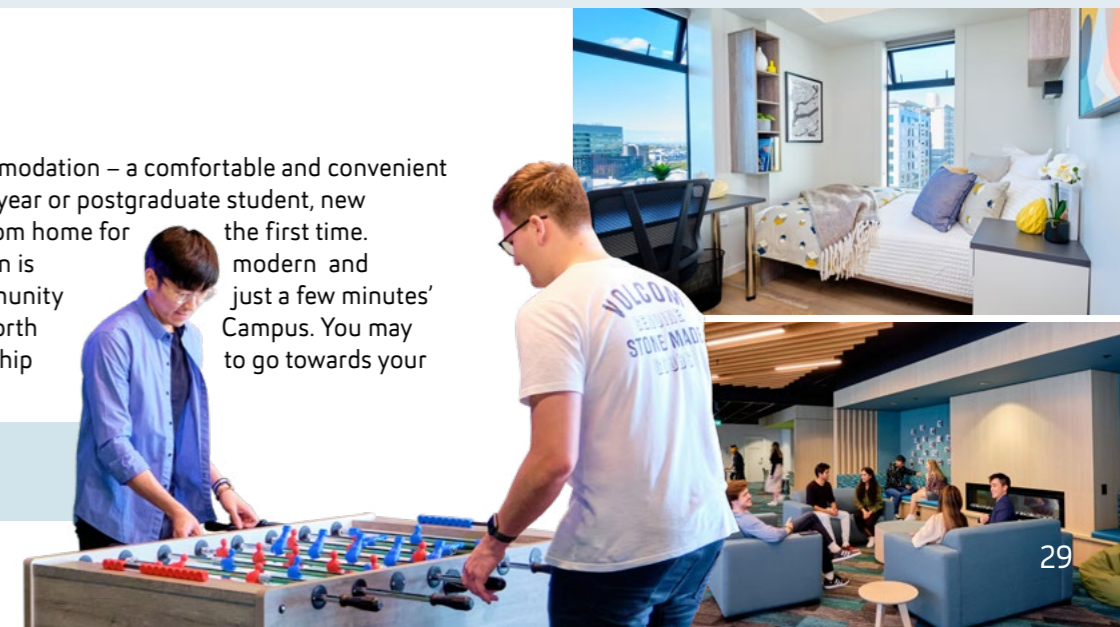
Applicants will be considered in all categories for which they are eligible.

To find out more call **+64 9 921 9837** or visit aut.ac.nz/scholarships

Accommodation

Check out our student accommodation – a comfortable and convenient option whether you're a first-year or postgraduate student, new to Auckland, or living away from home for the first time. AUT's student accommodation is secure, offering a social community modern and just a few minutes' walk away from our City or North Campus. You may even be eligible for a scholarship accommodation costs.

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 2026

- Semester 1
– apply by 1 December 2025
- Semester 2
– apply by 4 May 2026

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

- 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

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 you can phone **0800 AUT AUT** (0800 288 288) to speak to one of our friendly advisors. We can help with any questions you may have, and you could also book a course counselling session or a campus tour.

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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