



AUT

BACHELOR OF SPORT AND RECREATION

PROGRAMME HANDBOOK

2025

Bachelor of Sport and Recreation AK3521

(Also applicable to BSR/BBus Double Degree)

Programme Handbook 2025

This handbook provides information on the BSR, the BSR/BBus double degree and the School of Sport and Recreation at AUT. Information related to teaching and assessment policies within the Faculty of Health and Environmental Sciences are available via [Canvas.aut.ac.nz](https://canvas.aut.ac.nz) > My Organisations > Faculty of Health and Environmental Sciences > Student Handbook. There you will find faculty wide policies and forms related to assessments, as well as other valuable information.

Steps have been taken to ensure accuracy of information as much as possible, however if discrepancies exist, the official AUT Academic Calendar 2025 (or subsequent updates) will be viewed as correct. Programmes and courses are continuously being developed and therefore changes may occur to what is printed herein.

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ACADEMIC YEAR 2025

Calendar Week		Academic Week	Month	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1				30	31	1 New Year	2 New Year	3	4	5
2		5		6	7	8	9	10	11	12
3		6		13	14	15	16	17	18	19
4		7		20	21	22	23	24	25	26
5		8	February	27 Auch Ann	28	29	30	31	1	2
6		9		3	4	5	6 Waitangi	7	8	9
7		10		10	11	12	13	14	15	16
8				17	18	19	20	21	22	23
9			March	24	25	26	27	28	1	2
10		1		3	4	5	6	7	8	9
11		2		10	11	12	13	14	15	16
12		3		17	18	19	20	21	22	23
13		4		24	25	26	27	28	29	30
14		5	April	31	1	2	3	4	5	6
15		6		7	8	9	10	11	12	13
16				14	15	16	17	18 Easter	19 Easter	20 Easter
17				21 Easter	22 Easter	23	24	25 Anzac	26	27
18		7	May	28	29	30	1	2	3	4
19		8		5	6	7	8	9	10	11
20		9		12	13	14	15	16	17	18
21		10		19	20	21	22	23	24	25
22		11	June	26	27	28	29	30	31	1
23		12		2 Kings Bth	3	4	5	6	7	8
24	Study and Assessment weeks	13		9	10	11	12	13	14	15
25		14		16	17	18	19	20 Motatiki	21	22
26		15		23	24	25	26	27	28	29
27			July	30	1	2	3	4	5	6
28				7	8	9	10	11	12	13
29				14	15	16	17	18	19	20
30		1		21	22	23	24	25	26	27
31		2	August	28	29	30	31	1	2	3
32		3		4	5	6	7	8	9	10
33		4		11	12	13	14	15	16	17
34		5		18	19	20	21	22	23	24
35		6		25	26	27	28	29	30	31
36		7	September	1	2	3	4	5	6	7
37				8	9	10	11	12	13	14
38				15	16	17	18	19	20	21
39		8		22	23	24	25	26	27	28
40		9	October	29	30	1	2	3	4	5
41		10		6	7	8	9	10	11	12
42		11		13	14	15	16	17	18	19
43		12		20	21	22	23	24	25	26
44	Study and Assessment weeks	13	November	27 Labour	28	29	30	31	1	2
45		14		3	4	5	6	7	8	9
46		15		10	11	12	13	14	15	16
47				17	18	19	20	21	22	23
48				24	25	26	27	28	29	30
49		1	December	1	2	3	4	5	6	7
50		2		8	9	10	11	12	13	14
51		3		15	16	17	18	19	20	21
52				22	23	24	25 Christmas	26 Christmas	27	28

Key: AUT Semester Breaks NZ School Holidays Public / AUT Holiday

Approved by SLT 8 June 2023

Kia Ora and Welcome

Welcome to AUT University, to the School of Sport and Recreation, and in particular to the Bachelor of Sport and Recreation (BSR). We hope the programme meets and exceeds your expectations and that you will have an excellent few years with us.

This BSR Programme Handbook, along with other information provided periodically via Canvas, Arion, or email, should provide you with all the information that you need to understand the programme and various study options and majors within it. BSR students doing the double degree with the Bachelor of Business (BBus) should read this handbook in conjunction with the Bachelor of Business information found on Canvas.

More detailed information for each course that you enrol in throughout the programme will be found on each course's Canvas page, which you will have access to one week before your first class of the semester. Each Canvas course should include information on the descriptor, learning outcomes, schedule of topics, and assessment dates and details for the course. For course specific information, please refer to Canvas first and then to your course leader for queries that are not covered.

For important BSR programme related information, please see the School of Sport and Recreation organisation on Canvas.

**Go to Canvas, Faculty_HES_Home, Sport and Recreation
Undergraduate Student, BSR – Bachelor of Sport and
Recreation Programme Information**

For all academic or administrative queries related to the BSR programme, please email us:

Sport and Rec Student Support sportstudent@aut.ac.nz

BSR Programme Staff Contacts

Title	Name	Office	Phone Ext	Email
Programmes Administration Manager	Meg Dong	AF204	7608	sportstudent@aut.ac.nz
Programme Coordinator	Sala Schwalger	AF204	7395	sportstudent@aut.ac.nz
Programme Coordinator	Cat Di Mattina	AF204	7212	sportstudent@aut.ac.nz
School Administrator	Pam Laird	AF204	9153	sportstudent@aut.ac.nz
BSR Programme Leader	Cindy Wiersma	AF204	7009	sportstudent@aut.ac.nz
BSR Associate Programme Leader (South)	Kirsten Spencer	MB201	7239	sportstudent@aut.ac.nz
Certificate Programme Leader	Melody Johnston	AF204	8504	melody.johnston@aut.ac.nz
Management Major	Gaye Bryham	AF204	7312	gaye.bryham@aut.ac.nz
Coaching Major	Kirsten Spencer	MB201	7239	kirsten.spencer@aut.ac.nz
Exercise Science & Nutrition Major	Lisa Mackay	AF204	7698	lisa.mackay@aut.ac.nz
Outdoor Education Major	Mike Brown	AF204	8387	mike.brown@aut.ac.nz
Sport & Exercise Science Major	Kelly Sheerin	AF204	7354	kelly.sheerin@aut.ac.nz
Health & Physical Education Major	Kylie Thompson	AF204	7616	kylie.thompson@aut.ac.nz

BSR Course Leaders

Code	Course Name	Name	Office	Phone Ext	Email
HEAL506	Knowledge, Enquiry & Communication	Nicola Power	AE110	7319	nicola.power@aut.ac.nz
HEAL505	Human Anatomy & Physiology I	Stephen Brown	AE111	9168	stephen.brown@aut.ac.nz
SPOR520	Tauherea taiao ki ngā hunga	Robert Hogg	AF204	7220	Robert.hogg@aut.ac.nz
SPOR521	Movement Theory to Practice	Adrian Farnham	AF204	7594	Adrian.farnham@aut.ac.nz
SPOR522	Professional Practice I	TBC	TBC	TBC	TBC
SPOR523	Sport, Exercise and Health in Aotearoa NZ	Cindy Wiersma	AF204	7009	cindy.wiersma@aut.ac.nz
SPOR524	Sport, Health and Physical Activity in Education	Kylie Thompson	AF204	7616	kylie.thompson@aut.ac.nz
SPOR525	Introduction to Sport Management and Marketing	Melody Johnston	AF204	8504	melody.johnston@aut.ac.nz
SPOR526	Sport for Social Change	Dion Enari	MB201	8862	dion.enari@aut.ac.nz
SPOR527	Nutrition and Physical Activity Fundamentals	Tom Stewart	AF204	7855	tom.stewart@aut.ac.nz
SPOR528	Outdoor Learning for Wellbeing	Charlotte Jelleyman	AF204	7078	charlotte.jelleyman@aut.ac.nz
NUTR601	Sport & Exercise Nutrition	Sylvia North	AF204	26382	sylvia.north@aut.ac.nz
SPOR601	Sport, Health and PE Studies	Kylie Thompson	AF204	6205	kylie.thompson@aut.ac.nz
SPOR602	Roto-Awa: Lakes & Rivers	Mike Brown	AF204	8387	mike.brown@aut.ac.nz
SPOR603	Motu-Moana: Islands & Sea	Mark Jones	AF204	7272	mark.jones@aut.ac.nz
SPOR604	Sport Marketing	Melody Johnston	AF204	8504	melody.johnston@aut.ac.nz
SPOR605	Sport Management	Melody Johnston	AF204	8504	melody.johnston@aut.ac.nz
SPOR606	Sport, Health & Wellbeing	Lisa Mackay	AF204	7698	lisa.mackay@aut.ac.nz
SPOR607	Sport Development	Dion Enari	MB201	8862	dion.enari@aut.ac.nz
SPOR608	Evidence Based Practice	Ed Maunder	AF204	6227	ed.maunder@aut.ac.nz
SPOR609	Teaching, Leading and Coaching	Simons Walters	AF204	7022	simon.walters@aut.ac.nz
SPOR610	Law & Ethics for Sport and Recreation	Tracy Molloy	AF204	7092	tracy.molloy@aut.ac.nz
SPOR612	Skill Acquisition and Sport Psychology	Tony Oldham	AF204	7057	tony.oldham@aut.ac.nz
SPOR613	Analysing Performance	Kirsten Spencer	MB201	7239	kirsten.spencer@aut.ac.nz
SPOR614	Sport Finance	Linden Moore	AF204	30009	Linden.moore@aut.ac.nz
SPOR618	Contemporary Approaches to OE	Mike Brown	AF204	8387	mike.brown@aut.ac.nz
SPOR619	Maunga-Ngahere: Mountains and Bush	Charlotte Jelleyman	AF204	7078	charlotte.jelleyman@aut.ac.nz
SPOR624	Group & Individual Behaviour	Tristan Brotherton	AF204	26384	tristan.brotherton@aut.ac.nz
SPSC602	Applied Anatomy	Alyssa-Joy Spence	AF204	26541	alyssa-joy.spence@aut.ac.nz
SPSC603	Exercise Prescription & Assessment	Luigi Bercades	AF204	28653	luigi.bercades@aut.ac.nz
SPSC604	Applied Sports Biomechanics I	Chris Whatman	AF204	7037	chris.whatman@aut.ac.nz
SPSC605	Exercise Physiology	Ed Maunder	AF204	6227	ed.maunder@aut.ac.nz
NUTR701	Lifestyle Nutrition	Sylvia North	AF204	26382	sylvia.north@aut.ac.nz
SPOR701	Integrated Coaching Practice	Simon Walters	AF204	7022	simon.walters@aut.ac.nz
SPOR702	Entrepreneurship in Sport & Recreation	Trish Bradbury	AF204	31926	trish.bradbury@aut.ac.nz
SPOR705	Leadership in Sport and Recreation	Charlotte Jelleyman	AF204	7078	charlotte.jelleyman@aut.ac.nz
SPOR706	Health & PE Philosophy and Pedagogy	Adrian Farnham	AF204	7594	Adrian.farnham@aut.ac.nz

SPOR707	Pedagogy & Performance	Denise Atkins	AF204	7616	denise.atkins@aut.ac.nz
SPOR708	Outdoor Education	Mike Brown	AF204	8387	mike.brown@aut.ac.nz
SPOR709	Sport and Recreation Cooperative I	Yvonne Wood	AF204	8667	Yvonne.wood@aut.ac.nz
SPOR710	Sport and Recreation Cooperative II	Patricia Lucas	AF204	7134	patricia.lucas@aut.ac.nz
SPSC701	Athletic Conditioning	Luigi Bercades	AF204	28653	luigi.bercades@aut.ac.nz
SPSC702	Applied Sports Biomechanics II	Kelly Sheerin	AF204	7354	kelly.sheerin@aut.ac.nz
SPSC703	Clinical Exercise Physiology	Matt Wood	SA232	7848	matthew.wood@aut.ac.nz
SPMG701	Sport and Business Cooperative	Tracy Molloy	AF204	7092	tracy.molloy@aut.ac.nz

*Note: Details were correct at time of print but change regularly.

BACHELOR OF SPORT AND RECREATION GRADUATE PROFILE

KOTEKŌTAHAOTEAKONGA

According to the proverb; through resonance comes cognisance; through cognisance comes understanding; through understanding comes knowledge; through knowledge comes life and wellbeing.

E ai ki te whakataukī; mā te rongu, ka mōhio; mā te mōhio, ka mārama; mā te mārama, ka mātau; mā te mātau, ka ora.

GRADUATE PROFILES

Bachelor of Sport and Recreation graduates will be:

- Leaders of self and others
- Effective communicators
- Cognisant of Māori knowledge
- Adaptive and innovative
- Critical thinkers
- Research literate
- Professional and ethical global citizens
- Knowledgeable in the field of sport and recreation

Ko ngā tauira paetahi o te Tohu Paetahi o te Hākinakina, he akonga:

- Whakaarahi i a ia anō me ētahi atu
- Whakawhitiwhiti kōrero
- Mōhio i te mātauranga Māori
- Auaha te whakamahi
- Arohaehae kaupapa
- Rangahau
- Whai tika, he tika hoki ia ki te ao whānui
- Matatau i roto i tōna akoranga ake o te hākinakina

IN ADDITION TO THE ABOVE, GRADUATES OF SPECIFIC MAJORS WILL BE ABLE TO:

COACHING:

- Understand the integration of coaching related theories and practice
- Apply coaching knowledge and theory to coaching related activities
- Identify and reflect on contemporary coaching issues in the community

EXERCISE SCIENCE AND NUTRITION:

- Understand the physiological and social determinants of human health
- Assess and develop appropriate interventions to improve metabolic health
- Apply evidence-based practice in exercise science and nutrition

HEALTH AND PHYSICAL EDUCATION:

- Understand health and physical education within New Zealand schools and New Zealand culture
- Apply knowledge and skills in health and physical education pedagogy suitable for all levels
- Develop needs based curriculum in health and physical education

MANAGEMENT:

- Apply marketing and financial principles to diverse sport and recreation contexts
- Apply management and development principles to diverse sport and recreation communities
- Impact the sport and recreation industry through leadership and entrepreneurial approaches

OUTDOOR EDUCATION:

- Understand the potential of outdoor education to enhance lifestyle, health and learning
- Design, implement and evaluate outdoor education initiatives to achieve specific learning outcomes
- Manage and facilitate outdoor education outcomes in diverse communities and contexts

SPORT SCIENCE:

- Understand the physiological and mechanical determinants of sports performance
- Design, implement and evaluate programmes across a range of performance components based on individual needs
- Apply evidence-based practice in sports science

The Bachelor of Sport and Recreation at AUT

The Bachelor of Sport and Recreation (BSR) is a leading industry driven programme designed to address the ever-increasing demand for skilled sport, recreation, health, physical education, outdoor education and fitness professionals, both in New Zealand and the global arena. Welcome to this fantastic programme, where students are encouraged to find their passion and their niche within the wide range of options and opportunities available throughout the next few years.

The following pages will overview some of the important details, requirements, majors, and options within the BSR programme, including the BSR/BBus double degree option.

BSR Courses

The BSR consists of a variety of courses, some of them compulsory/core for all BSR students, some of them required for particular majors, some of them are optional and some may be non-BSR electives.

The BSR requires students to complete a total of 360 points. ALL BSR students will do 225 points of compulsory/core courses, no matter what major/minor (s) are selected, and the remainder of the 360 points is made up of a combination of major courses, optional courses, and/or non-BSR elective courses. Here follows a description of these four categories:

BSR Compulsory/Core Courses

All BSR students are required to complete 225 points of compulsory courses as follows:

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)**	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)*	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand*	15	S	N
SPOR502	Innovative Planning in Sport & Recreation*	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation*	15		N+S
SPOR504	Leadership in Sport & the Outdoors*	15	N+S	
SPOR511	Skill Learning in Sport & Recreation*	15	N	S
SPSC501	Sport & Exercise Science Fundamentals*	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

N = North Campus

S = South Campus

*For students not wishing to major in SES or ESN, it is possible to substitute HEAL505 Human Anatomy & Physiology I (HAP1) for either: HEAL507 Health & Environment or HEAL504 Lifespan Development & Communication. Please note, however, that not completing HEAL505 may restrict students' course choices in Years 2 and 3.

*If a student fails one of these courses in 2024 or prior **OR** started the BSR in Semester 2 2024, please refer to the transition document below or via the link [HERE](#).
We encourage all students to email Sport and Rec Student Support via sportstudent@aut.ac.nz if assistance is required at any stage of the enrolment process.

Transition Instructions for Students – 2025

For students that began the BSR in 2024 or prior, you must complete the following L5 (Y1) courses:

- ▶ HEAL506 Knowledge Enquiry & Communication **or** SPOR522 Professional Practice 1
- ▶ SPSC501 Sport & Exercise Science Fundamentals **or** SPSC502 Exercise Physiology 1
- ▶ SPOR511 Skill Learning for Sport & Recreation **or** SPOR521 Movement Theory into Practice
- ▶ SPOR501 Sport & Recreation in Aotearoa NZ **or** SPOR523 Sport, Exercise & Health in Aotearoa NZ

And four of the following eight courses:

- ▶ SPOR503 Contemporary Issues in Sport & Recreation
- ▶ SPOR502 Innovative Planning for Sport & Recreation
- ▶ SPOR504 Leadership for Sport & the Outdoors
- ▶ HEAL505 Human Anatomy & Physiology 1
- ▶ SPOR528 Outdoor Learning for Wellbeing
- ▶ SPOR520 Tauherea Taiao ki ngā Hunga
- ▶ SPOR526 Sport for Social Change
- ▶ SPOR527 Nutrition & Physical Activity Fundamentals
- ▶ Or another course with approval of the Programme Leader (for special circumstances)

BSR Major Courses

In addition to the Compulsory/Core courses, students wishing to graduate with a major will have to complete all the required courses for their major. Each major consists of 105 points. Information on the BSR Majors and required courses are listed later in this handbook.

BSR Minor Courses

In addition to the Compulsory/Core courses, students wishing to graduate with a minor will have to complete all the required courses for their minor. Each minor consists of 60 points. Information on the BSR minor and required courses are listed later in this handbook.

BSR Optional Courses

In addition to the BSR Compulsory/Core Courses and the Major courses, students can have the opportunity to select BSR Optional courses from the BSR course list to make up the remainder of the 360 points required of the degree. These optional courses may include courses from other BSR majors and from a variety of sport and recreation areas. The number of optional courses to be completed will vary amongst students depending on whether you are pursuing a BSR (with no major) or a BSR with a major. Students undertaking a double major or the double degree with business will have no room in their programme for optional courses.

Non-BSR Elective Courses

Electives are courses that are not listed under the BSR programme but are offered by other programmes at AUT. Students can complete up to a maximum of 60 points of non-BSR electives as part of their BSR degree. These electives would be completed instead of (not in addition to) some of the BSR optional courses at Years 2 or 3 of the degree. Students undertaking a double major, or a double degree will have no room in their programme for non-BSR electives.

If a student would like to take an elective it is up to them to seek out and find other AUT courses of

interest through the AUT or Arion website or by contacting various AUT faculties and departments. Some courses may have pre-requisites and/or have restricted entry, and it is up to the department that is offering the courses to decide whether BSR students will be permitted to enroll into the courses or not. Once a course has been selected students can enroll into the course themselves via My AUT or Arion enrolments. Alternatively, they can email sportstudent@aut.ac.nz.

Required Levels of Courses

BSR Optional and non-BSR Elective courses may be at Level 5, 6 or 7. However, students must ensure that they meet the requirements for the correct levels within their total of 360 points required for the BSR as follows:

Total points required:	360 points
Level 5 maximum :	150 points
Level 7 minimum :	90 points (must include SPOR709 Sport & Recreation Co-op 1, SPOR710 Sport & Recreation Co-op 2, plus a minimum of 30 points from other BSR level 7 courses)

Please note that a student may exceed the 150 point maximum at Level 5, but these points will NOT be counted towards the 360 points required for the BSR (i.e. you may take extra Level 5 courses but then you will be doing more than 360 points in total).

The level of any course at AUT is indicated by the first number in the course code (i.e. course SPOR501 is a level 5 course and SPOR601 is a level 6 course).

Work-Integrated Learning (WIL) and Cooperative Education (Co-op)

Students are encouraged to select appropriate organisations to fulfil their work-integrated learning (WIL) and Coop requirements for the Bachelor of Sport and Recreation. In Year 2 students will complete a 30-40 hour placement in each of two sport or recreation organisations of their choosing (placements must be approved and a learning contract signed). In Year 3 (Sport and Recreation Cooperative 1 and 2), students will spend approximately two days per week for the whole of their final year with an organisation. Students use these placements and cooperative education opportunities to complement and apply the learning from their other courses by choosing organisations that can offer relevant experience. WIL and Coop opportunities from dozens of organisations are posted regularly on the Employment and Volunteering Opportunities Canvas page.

To graduate with a major or double major, students must have their third year Coop placement activities and projects approved for the major(s).

BSR/BBus Double Degree students undertake the 'Sport and Business Cooperative' in their fourth year of study and must have their Coop placement activities approved for both degrees. This course replaces the Sport and Recreation Coop and the Business Coop courses for Double Degree students.

An Important Tip Regarding Industry Experience...

We strongly recommend that students seek out other opportunities to be involved in the sport and recreation industry throughout their years of study at AUT. This may be through volunteer work, assisting with events, coaching, part time jobs, holiday employment, attending industry training courses, conferences or other networking opportunities, or gaining additional specific industry based qualifications along the way.

Gaining a range of experience, qualifications, and contacts within the industry alongside academic study, will better prepare BSR graduates for meaningful sport and recreation careers and provide an advantage when applying for jobs once they graduate.

Majors and Minors within the Bachelor of Sport and Recreation

The sport and recreation industry is very broad and diverse and presents opportunities for a wide variety of career pathways. Within the BSR there are six majors that students may wish to pursue (or combine) to prepare for a more specific sport, recreation, or physical education career.

In addition to the required courses for each major, students will have to address their major(s) topic within their Year 3 Cooperative Education course (Coop). This involves finding a suitable organisation and Coop project that will be approved for the major(s) the student wishes to graduate with.

Requirements and sample pathways for the six majors within the BSR are detailed in this handbook. Further information on major requirements, recommended courses, career pathways, and placement and Coop opportunities for each major can be found on Canvas through the School of Sport and Recreation tile.

The BSR **flexi pathway (no declared major)** is available and can be fully completed at AUT's South Campus in Manukau. The flexi pathway consists of our most popular courses and will provide students with a broad based qualification which includes courses across several of our majors.

Students enrolled in the South Campus programme are welcome to select courses from the North Shore Campus if they wish to complete a specific major or courses within their BSR programme that are not offered at South campus. However, this involves travelling between campuses. Students will have to check the timetable carefully before enrolling to ensure that this is possible without timetable clashes and allowing at least one hour travel time between campuses (private vehicle) or two hours if using the AUT shuttle.

Double Majors

It is possible for BSR students to graduate with a double major. However, this will normally require more than three years of full time study and more than the usual 360 points required for the BSR degree. Students need to carefully follow the requirements for both of their majors and ensure that they select the correct courses along the way. A challenge will be for students to find a Year 3 Coop organisation that meets the requirements of both of their chosen majors. Given the nature of our majors, and the likely combinations that students may choose, finding a suitable Co-op should be achievable in most cases.

Minors

We have introduced minor subjects in the areas of Coaching, Health and Physical Education, Management, Outdoor Education and Sport and Exercise Science. Students are not required to find a coop to meet the requirements of their chosen minor.

Major information

	Major Courses	Description
Flexi (no major):	(no major courses)	Students may choose to graduate with a broad degree with no specified major(s). This option gives students the greatest flexibility when choosing their courses as they may select courses from across several or all of the BSR majors and up to 60 points from non-BSR electives. This option is particularly suitable for students with a wide range of interests within sport and recreation.
Sport & Exercise Science	SPSC602 Applied Anatomy SPSC603 Exercise Prescription & Assessment SPSC605 Exercise Physiology NUTR601 Sport & Exercise Nutrition SPSC604 Applied Sports Biomechanics I SPSC702 Applied Sports Biomechanics II SPSC701 Athletic Conditioning	The aim of this major is to study sport and exercise with reference to improved fitness and/or performance. The foundations of sport and exercise science are anatomy and physiology, fitness assessment, and exercise prescription. More advanced courses investigate issues related to the biomechanics of human movement, exercise physiology, physical conditioning, and exercise prescription for special needs populations. Completion of this major enables students to be registered with the Register of Exercise Professionals (REPs).
Management	SPOR604 Sport Marketing SPOR605 Sport Management SPOR607 Sport Development SPOR614 Sport Finance SPOR702 Entrepreneurship in Sport & Recreation SPOR705 Leadership in Sport & Recreation <i>Plus one additional course as approved by the Programme Leader</i>	The objective of this major is to develop a range of skills, which can be applied to the management of organisations, programmes and events within the sport and recreation industry. Students may also wish to consider the double degree, which combines the BSR with the Bachelor of Business. There is more information on the double degree later in this handbook.
Coaching	SPOR609 Teaching, Leading & Coaching SPOR612 Skill Acquisition & Sport Psychology SPOR613 Analysing Performance SPOR701 Integrated Coaching Practice SPOR707 Pedagogy & Performance <i>PLUS two from: SPOR601 Sport, Health & PE Studies, SPOR607 Sport Development, SPSC604 Applied Sports Biomechanics I and SPSC605 Exercise Physiology.</i>	The Coaching major provides courses that will help students become excellent coaches whatever the level they are working at. Students who would like to pursue a career in high performance training or coaching should also be involved in playing and/or coaching within their sport codes(s) alongside their AUT studies.

Exercise Science & Nutrition	NUTR601 Sport and Exercise Nutrition SPOR606 Sport, Health and Wellbeing SPSC602 Applied Anatomy SPSC603 Exercise Prescription and Assessment SPSC605 Exercise Physiology NUTR701 Lifestyle Nutrition SPSC703 Clinical Exercise Physiology	This major focuses on the study of improving health and wellbeing for the general population through physical activity, exercise, and nutrition. Completion of this major enables students to be registered with the Register of Exercise Professionals (REPs).
Outdoor Education	SPOR602 Roto-Awa: Lakes and Rivers SPOR603 Motu-Moana: Islands & Sea SPOR609 Teaching, Leading & Coaching SPOR618 Contemporary Approaches to Outdoor Education SPOR619 Maunga-Ngahere: Mountains and Bush SPOR708 Outdoor Education PLUS one from: SPOR707 <i>Pedagogy & Performance</i> , SPOR702 <i>Entrepreneurship in Sport & Recreation</i> .	The field of outdoor recreation/education offers some fantastic life choices for people wishing to work in the outdoors. In this major, students are introduced to outdoor education theory and apply it through active participation, developing instructing techniques, risk analysis, environmental awareness and leadership. Please note that the practical courses within this major have significant extra course costs added to tuition fees to cover the costs of the specialised equipment and instructors required.
Health & Physical Education	SPOR601 Sport, Health & PE Studies SPOR606 Sport, Health and Wellbeing SPOR609 Teaching, Leading and Coaching SPOR612 Skill Acquisition and Sport Psychology SPSC604 Applied Sports Biomechanics I SPOR706 Health & PE Philosophy & Pedagogy SPOR707 Pedagogy and Performance	Many students choose to continue with the one year 'Graduate Diploma in Teaching' after graduating from the Bachelor of Sport and Recreation. This major, along with a fourth year in a Graduate Diploma in Teaching from AUT or elsewhere, will provide graduates with the qualifications needed to be skilled and effective Health and Physical Education teachers and enable them to teach in New Zealand schools. Enrolment in the AUT Graduate Diploma in Teaching is subject to selection criteria set by the School of Education. This fourth year teaching programme is offered at both North and South Campuses of AUT, and by a number of other universities.

Minor Information

BSR MINORS - for BSR Students

Each minor is to include 60 points in a single subject, with at least 15 points at level 7. A course completed for a major or a minor cannot be credited towards another minor.

The minors offered are:

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

Please see the table below, which outlines the courses required and the regulations for each minor.

Health and Physical Education	
<i>Restriction: This minor is not available to students in the BSR completing a major in Coaching or Health and Physical Education. *please check page 17 of the BSR programme handbook for pre/co requisites.</i>	
Minor must include 60 points from the courses listed below with at least 15 points at level 7:	
Level 6:	SPOR601*, SPOR606, SPOR609*
Level 7:	SPOR706*, SPOR707*
Outdoor Education	
<i>Restriction: This minor is not available to students in the BSR completing a major in Outdoor Education. *please check page 17 of the BSR programme handbook for pre/co requisites.</i>	
Minor must include 60 points from the courses listed below with at least 15 points at level 7:	
Level 6:	SPOR602, SPOR603, SPOR609*, SPOR618*, SPOR619*
Level 7:	SPOR708*
Sport and Exercise Science	
<i>Restriction: This minor is not available to students in the BSR completing a major in Exercise Science and Nutrition or Sport and Exercise Science. *please check page 17 of the BSR programme handbook for pre/co requisites.</i>	
Minor must include 60 points from the courses listed below with at least 15 points at level 7:	
Level 6:	SPSC602*, SPSC603*, SPSC604*, SPSC605*
Level 7:	SPSC701*, SPSC702*
Sport Coaching	
<i>Restriction: This minor is not available to students in the BSR completing a major in Coaching or Health and Physical Education. *please check page 17 of the BSR programme handbook for pre/co requisites.</i>	
Minor must include 60 points from the courses listed below with at least 15 points at level 7:	
Level 6:	SPOR612*, SPOR613*, SPOR609*
Level 7:	SPOR701*
Sport Management	
<i>Restriction: This minor is not available to students in the BSR completing a Management major. *please check page 17 of the BSR programme handbook for pre/co requisites.</i>	
Minor must include 60 points from the courses listed below with at least 15 points at level 7:	
Level 6:	SPOR604, SPOR605, SPOR607*, SPOR614
Level 7:	SPOR702*, SPOR705*

BSR students: If you wish to choose a Minor or if you have any questions, please email Sport and Rec Student Support sportstudent@aut.ac.nz

Additional Information

Register of Exercise Professionals (REPs)

BSR students graduating with the Sport and Exercise Science or Exercise Science and Nutrition majors will be eligible for registration by the New Zealand Register of Exercise Professionals (REPs). The fitness industry across New Zealand and over 30 countries worldwide recognise REPs. See www.reps.org.nz for more information.

International Exchange Programme

BSR students achieving a 'B' grade average in their first year of study may wish to apply to undertake an international student exchange for one semester of study with one of the School's exchange partner universities:

- Edinburgh Napier University (United Kingdom)
- University of Northumbria (United Kingdom)
- Cardiff Metropolitan University (United Kingdom)
- San Diego State University (USA)
- Norwegian School of Sport Sciences (Norway)
- Malmo University (Sweden).

BSR/BBus Double degree students are also eligible to apply for an international exchange with the Faculty of Business exchange partner universities. The Faculty of Business has partner universities in many countries around the world. For information on the international exchange opportunities for BSR or Double Degree students, please contact the International Student Exchange aut.student.exchange@aut.ac.nz

2025 BSR List of Courses (With Pre- and Co-Requisites)

Pre-requisites are courses that must be completed prior to enrolling in subsequent courses.

Co-requisites are courses that must be completed prior to or at the same time.

All those listed are pre-requisites unless indicated as co-requisites.

	Code	Course Name	Pre/Co Requisites	Sem 1	Sem 2
2025 LEVEL 5 YEAR 1	HEAL505	Human Anatomy & Physiology I (HAP1)	Nil	N + S	N + S
	HEAL506	Knowledge, Enquiry & Communication (KEC)	Nil	N + S	N + S
	SPOR520	Tauhērea taiao ki ngā hunga	Nil		N + S
	SPOR521	Movement Theory to Practice	Nil	N + S	
	SPOR522	Professional Practice I	Nil	N + S	N + S
	SPOR523	Sport, Exercise and Health in Aotearoa NZ	co-req: SPOR522		N + S
	SPOR524	Sport, Health and Physical Activity in Education	Nil		N + S
	SPOR525	Introduction to Sport Management and Marketing	Nil	N + S	
	SPOR526	Sport for Social Change	Nil		N + S
	SPOR527	Nutrition and Physical Activity Fundamentals	Nil	N	
SPOR528	Outdoor Learning for Wellbeing	Nil	N		
Students needing to enrol into level 5 BSR courses, please click HERE for information on the transition arrangement with the refreshed 2025 level 5 courses.					
2025 LEVEL 6 COURSES	NUTR601	Sport & Exercise Nutrition	NUTR501 or SPSC501		N
	SPOR601	Sport, Health & Physical Education Studies	SPSC501 or HEAL505		N + S
	SPOR602	Roto-Awa: Lakes & Rivers	Nil		N + OFFSITE
	SPOR603	Motu-Moana: Islands & Sea	Nil		N + OFFSITE
	SPOR604	Sport Marketing	Nil		N + S
	SPOR605	Sport Management	Nil	N + S	
	SPOR606	Sport, Health & Wellbeing	Nil		N + S
	SPOR607	Sport Development	SPOR501	N + S	
	SPOR608	Evidence Based Practice	HEAL506	S	N
	SPOR609	Teaching, Leading & Coaching	SPOR511 or equivalent	N + C	
	SPOR610	Law & Ethics for Sport & Recreation	HEAL506, SPOR501 (co)	N	N + S
	SPOR612	Skill Acquisition & Sport Psychology	SPOR624 (co)	N	
	SPOR613	Analysing Performance	Nil	S	N
	SPOR614	Sport Finance	Nil		N + S
	SPOR618	Contemporary Approaches to Outdoor Education	SPOR602 or SPOR603 or SPOR619	N + OFFSITE	
	SPOR619	Maunga-Ngahere: Mountains & Bush	Nil	N + OFFSITE	
	SPOR624	Group & Individual Behaviour	HEAL506	N	S
	SPSC602	Applied Anatomy	SPSC501 or HEAL505	N + S	
	SPSC603	Exercise Prescription & Assessment	SPSC501 or HEAL505, SPSC602 (co)	N + S	
	SPSC604	Applied Sports Biomechanics I	SPSC501 or HEAL505		N
SPSC605	Exercise Physiology	SPSC501 & HEAL505	N + S		
2025 LEVEL 7 COURSES	NUTR701	Lifestyle Nutrition	NUTR501 or SPSC501	N	
	SPOR701	Integrated Coaching Practice	SPOR624		N
	SPOR702	Sport Events and Entrepreneurship	SPOR610 or SPOR614	N + S	
	SPOR705	Leadership in Sport & Recreation	120pts		N + S
	SPOR706	Health & PE Philosophy & Pedagogy	SPOR601, SPOR606		N + S
	SPOR707	Pedagogy & Performance	SPOR609 or SPOR612	N	
	SPOR708	Outdoor Education	SPOR602 or SPOR603 or SPOR619, SPOR609		N
	SPOR709	Sport & Recreation Cooperative I	SPOR608 & SPOR624	N + S	N + S
	SPOR710	Sport & Recreation Cooperative II	SPOR709	N + S	N + S
	SPSC701	Athletic Conditioning	SPSC602, SPSC603, SPSC605		N
	SPSC702	Applied Sports Biomechanics II	SPSC604	N	
	SPSC703	Clinical Exercise Physiology	SPSC603, SPSC605		N
SPMG701	Sport & Business Cooperative	360pts in BSR/BBus incl. SPOR608 + 1x BBus Major course at Level 7	N	N	

* N = North Campus * S = South Campus * C = City

* N + OFFSITE = Block course outside of normal semester times including multi day practicals offsite. Theory component at North Campus – please see current timetable for days and times.

BSR Year 2 Outdoor Education Practical Courses in 2025

It is important for students to understand the following information before applying to enrol in the Year 2 outdoor education practical courses for 2025:

1. The courses include significant off-site overnight fieldtrips and are delivered in block course format outside of the standard timetabled semester times.
2. An outdoor activity fee is attached to each course which is added to the AUT tuition invoice upon enrolment. This fee approx. (\$593-\$623/paper) is for the cost of contract staff, hiring of equipment, accommodation and some other associated fieldtrip costs.
3. Students are expected to provide personal outdoor gear as detailed below.
4. Places are limited so apply early. Enrolment is subject to approval with priority given to students completing the BSR Outdoor Education Major, and those that have successfully completed their Year 1 courses.

Gear requirements:

In order for you to recreate safely in the outdoors both on the course and in your own time (which we hope you will continue to do) you will need to be clothed and equipped adequately. It is expected that you will provide your own basic outdoor clothing as follows:

- Sufficient thermal clothing that keeps you warm in the conditions that you might expect given the activity and the time of year relevant to the course - wool, polypropylene, fleece, etc., not cotton- (sun cap, warm hat, torso layers and pants)
- Coat (not water repellent, but waterproof, such as those made from PVC, oilskin, or breathable waterproof fabrics)
- A medium weight sleeping bag

Additionally:

For SPOR619 Maunga-Ngahere: Mountains and Bush

- Waterproof leggings
- Sturdy walking footwear (i.e. boots) able to provide good foot/ankle protection in rough terrain

For SPOR602 Roto-Awa: Lakes and Rivers

- Wetsuit
- Gumboots

AUT is able to provide tents, cookers, packs, and sleeping mats. Many students will have these basic equipment essentials themselves, and if so, are encouraged to use their own items which may provide superior comfort, fit and familiarity. AUT will provide activity related technical equipment required for SPOR619 Maunga-Ngahere: Mountains and Bush, SPOR602 Roto-Awa: Lakes and Rivers and SPOR603 Motu-Moana: Islands and Sea.

SPOR619 Maunga-Ngahere: Mountains and Bush

Develops understanding of the mountains and bush settings as places for recreation, education and personal growth.

Dates: (prior to Semester 1 start)

This course begins with a 2-week block to the start of semester 1. The block course includes a theory and planning component in the first 3 days on North Campus, followed by a 2-day preparatory overnight hike in the Auckland area in the first week. The second week consists of a 5-6-day mountain and bush journey. Weekly lectures continue across the first half of semester 1.

SPOR602 Roto-Awa: Lakes and Rivers

Develops understanding of lake and river environments as places for recreation, education and personal growth.

Dates: Aug/Sept (during the Semester 2 study break)

This course is delivered as a 2-week block during the September mid-semester break.

The expected format includes the first week of theory and practical training. The second week is a 5 day journey involving kayaks and possibly canoes. There are two post-course assignments.

SPOR603 Motu-Moana: Islands and Sea

Develops understanding of the coastal and marine environment as a place for recreation, education and personal growth.

Dates: Final term lectures plus a 5-6-day journey post-exams Week 15.

This course will include preparatory lectures in the second half of Semester 2 with a 5-day sea kayak journey 2-6 November, during the last exam week. There is a pre-course and post course assignment.

SPOR618 Contemporary Approaches to Outdoor Education

This is a semester one course with weekly lectures and two Friday to Sunday 3-day fieldtrips. One of the courses above (SPOR619, SPOR602 or SPOR603) must have been successfully completed as a prerequisite requirement. SPOR618 develops understanding of contemporary approaches to outdoor education by contrasting a dominant outdoor education model, Adventure Education with an emerging contemporary mode, place-based learning. It does this by comparing a three-day rock-climbing fieldtrip led by experienced and qualified staff with a three-day student-led 'crafting' symposium. The field trip dates will be confirmed in the course timetable.

BSR Course Prescriptors 2025

(All courses listed are 15 credit points unless stated otherwise)

HEAL505 Human Anatomy and Physiology 1

Introduces the fundamental concepts of human anatomy and physiology.

HEAL506 Knowledge Enquiry and Communication

Introduces students to principles of communication, knowledge construction, academic and scientific literacy.

SPOR520 Tauherea taiao ki ngā hunga

The whakatauki (proverb) “Ko au te taiao, ko te taiao, ko au” (“the natural environment defines my quality of life”) reiterates the importance of right relationships between the natural environment and people. Tauherea taiao ki ngā hunga utilises an ecosystem approach to explore Waiora (Wellbeing as a binary relationship between the natural environment and people). Grounded in Mātauranga (Māori knowledge), Tauherea taiao ki ngā hunga examines the interconnections between the Taiao (Natural environment) and hunga (people). The cultural construct of whakapapa (lineage, genealogy) is used as a method to centre these interconnections. Significant events of Aotearoa New Zealand, such as the signing of Te Tiriti o Waitangi, and their impact on Waiora, will be examined in both historical and contemporary contexts.

SPOR521 Movement: Theory into Practice

A practical course that explores how we learn in, through and about movement. This course will provide opportunities to apply theory to inclusive movement experiences. An introduction to psychological skills and skill learning principles will be included.

SPOR522 Professional Practice I

Introduces professional practice in the sport, exercise and health context of Aotearoa New Zealand. Develops students’ industry awareness, professionalism, and skills related to knowledge construction, critical thinking, academic writing, and presentation of ideas relevant to the sport, exercise, and health sectors. academic writing, and presentation of ideas relevant to the sport, exercise, and health sectors.

SPOR523 Sport, Exercise and Health in Aotearoa New Zealand

Develop knowledge of the key organisations and sectors within the sport, health and exercise industry in Aotearoa New Zealand. Explore contemporary issues relevant to sport, exercise, and health New Zealand society. Leadership strategies that could impact change within the industry will be explored. Leadership strategies that could impact change within the industry will be explored.

SPOR524 Sport, Health and Physical Activity in Education

Examines the role and significance of sport, health, and physical activity in schools. An understanding of how students learn in movement and health related contexts will be

developed. Practical application will be emphasised with a focus on the Health and Physical Education key areas of learning within The New Zealand Curriculum. with a focus on the Health and Physical Education key areas of learning within The New Zealand Curriculum.

SPOR525 Introduction to Sport Management and Marketing

Introduces the fields of sport management and sport marketing. Theory and practice can be applied to a range of contexts and organisations within the broader sport, exercise, and health sectors.

SPOR526 Sport for Social Change

Develops an applied understanding of the value of sport as a vehicle for social change and its potential impact on individuals and communities. Theory and practice can be applied to a range of contexts within the broader sport, exercise, and health sectors.

SPOR527 Nutrition and Physical Activity Fundamentals

An introduction to the fundamental concepts of nutrition and physical activity and their relationship to health and wellbeing. This course builds the foundational knowledge required for higher levels of study in nutrition and physical activity and develops skills in assessing individual nutrition and physical activity behaviours using a range of technology.

SPOR528 Outdoor Learning for Wellbeing

Introduces how positive connections to outdoor spaces enhances the well-being of people and the environment. Skills and knowledge will be developed to engage with, and move safely in, land-based environments. Practical fieldwork is a core component where theory is integrated into practice.

NUTR601 Sport and Exercise Nutrition

Critiques and applies key nutrition concepts in relation to health and sports performance.

SPOR601 Sport, Health and Physical Education Studies

Uses the current Aotearoa/New Zealand Curriculum to introduce principles and practice in health and physical education. Explores the relationship between philosophy, curriculum and their influence on pedagogy. Students will demonstrate their understanding of the biophysical and socio-cultural sciences in relation to movement and the movement culture.

SPOR602 Roto-Awa: Lakes and Rivers

Develops understanding of lakes and rivers as places for recreation, education and personal growth.

SPOR603 Motu-Moana: Islands and Sea

Explores ecological and human/nature relationships and develops skills and awareness to engage safely and purposefully, in the coastal and marine environment.

SPOR604 Sport Marketing

Introduces the principles of marketing for sport and recreation organisations, businesses, facilities, and events.

SPOR605 Sport Management

Introduces the principles of management for sport and recreation organisations, businesses, facilities, and events.

SPOR606 Sport, Health and Wellbeing

Develops an appreciation of individual and population perspectives on issues affecting sport, health and wellbeing. Students will engage in critical thinking processes that examine scientific and socio-cultural paradigms that influence health and wellbeing outcomes.

SPOR607 Sport Development

Critically examines the processes, policies and practices in sport and recreation development.

SPOR608 Evidence Based Practice

Develop an understanding of how to access and interpret evidence as applied to the sport and recreation industry. Utilisation of work integrated learning within the sport and recreation industry.

SPOR609 Teaching, Leading and Coaching

Examines teaching, leading and coaching in both individual and team environments using a reflective, person-centered approach. Focuses on development and its impact on determining appropriate teaching and coaching pedagogy.

SPOR610 Law and Ethics for Sport and Recreation

Critically examines key legal and ethical principles and their application to the sport and recreation industry.

SPOR612 Skill Acquisition and Sport Psychology

Develops pedagogical expertise around the facilitation of sport related skills through the application of contemporary skill acquisition theory. Studies will focus on the synthesis of physical skill learning and key sport psychology skills.

SPOR613 Analysing Performance

Focuses on gaining knowledge of the role of analysing performance in a sports setting. Performance analysis and related measurement issues. Practical application in developing, testing and using hand and computerised sport notational analysis systems.

SPOR614 Sport Finance

Provides an overview of financial management and basic financial accounting. Introduces financial planning and financial risk management for sport and recreation organisations including standard and innovative revenue generation.

SPOR618 Contemporary Approaches to Outdoor Education

Develops an experiential understanding of the varied and rich nature of Outdoor Education by contrasting technical outdoor skill development with alternative approaches to outdoor education.

SPOR619 Maunga-Ngahere: Mountains and Bush

Develops understanding of the mountains and bush settings as places for recreation, education and personal growth.

SPOR624 Group and Individual Behaviour

Explores group and individual behaviour in contexts relevant to sport and recreation, by applying modern behaviour models for the purpose of understanding, planning for, and facilitating change.

SPSC602 Applied Anatomy

Provides an understanding of musculoskeletal structures. Integrates kinesiology for the applied study of human movement.

SPSC603 Exercise Prescription and Assessment

Develops applied skills in assessment and prescription of safe and effective exercise programmes for muscular and cardiovascular conditioning, flexibility, and body composition.

SPSC604 Applied Sport Biomechanics I

Provides a knowledge base of major factors that influence the quality of human sporting movement. Focuses on reinforcing anatomical knowledge and applying biomechanical principles to understand and analyse human movement in sport.

SPSC605 Exercise Physiology

Extends existing physiological knowledge with emphasis on responses and adaptation to exercise. Provides foundation knowledge for further study in applied sport and exercise science.

NUTR701 Lifestyle Nutrition

Explores nutrition and lifestyle concepts in the context of optimal health and chronic disease at the individual and population level.

SPOR701 Integrated Coaching Practice

Provides an understanding of the coaching process and coach development as applied to all levels of performance.

SPOR702 Entrepreneurship in Sport and Recreation

Examines entrepreneurial principles and practice required to continually adapt and innovate ventures within the global sport and recreation industry.

SPOR705 Leadership in Sport and Recreation

Provides an understanding of leadership in New Zealand as it applies to sport and recreation organisations. Examines contemporary aspects of leadership with a particular emphasis on leading change within a dynamic environment.

SPOR706 Health & PE Philosophy and Pedagogy

Critically examines philosophical and pedagogical approaches to health and physical education. Considers the role of social, cultural and political influences on practices within the discipline. Develops an understanding of the HPE conceptual framework in the New Zealand Curriculum including pedagogical content knowledge of key concepts and key areas of learning in HPE.

SPOR707 Pedagogy and Performance

Develops a practical and critical thinking approach to pedagogy and performance in learning environments in physical education, sport, recreation, dance, outdoors and other social contexts. Students apply different pedagogies in learning contexts providing critical feedback and self-reflection.

SPOR708 Outdoor Education

Explores Outdoor Education practice in New Zealand. Critically analyses the place of the outdoors in educational and therapeutic objectives.

SPOR709 Sport and Recreation Cooperative I (30 points)

Apply knowledge and gain industry experience within a sport and recreation organisation. Critically reflects on own practice and analyse the context of a workplace.

SPOR710 Sport and Recreation Cooperative II (30 points)

Integrate theory and practice within a selected sport and recreation organisation. Evaluate and present the action learning project. Critically reflect on the development of the Bachelor of Sport and Recreation graduate capabilities.

SPSC701 Athletic Conditioning

Develops applied skills, evidence based assessment and conditioning practice for athletic performance.

SPSC702 Applied Sports Biomechanics II

Extends and integrates the knowledge gained in applied anatomy and applied sports biomechanics I. Current biomechanics methodology is used to assess movement in sport, with emphasis on motion analysis and force measurement techniques.

SPSC703 Clinical Exercise Physiology

Develops applied skills in assessment and prescription of safe and effective exercise programmes for symptomatic populations.

SPMG701 Sport and Business Cooperative BSR/BBUS Double Degree Students only (60 points)

Provides an opportunity to apply sport, recreation and business knowledge in an industry context. Critically reflects on the relationship between academic studies and practice and the development of their graduate capabilities. Students design, implement, evaluate and present negotiated industry related project.

Bachelor of Sport and Recreation sample pathways

Bachelor of Sport and Recreation (**Flexi**, no specific major)

BSR Compulsory / Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

*Note: For students who may have failed one or more of the above level 5 courses in 2024 or prior **OR** started the BSR in Semester 2, 2024 please refer to the transition document [HERE](#)*

* N = North Campus

* S = South Campus

Total 225 points

BSR Optional Courses and Non-BSR Electives

BSR Optional Courses are to be selected from the list of BSR courses with a limit of 30 points at Level 5 and at least 30 points at Level 7. The remaining courses can be from Level 6 or 7.

Non-BSR Electives can replace up to 60 points of BSR Optional courses from other AUT programmes (subject to approval).

Total 135 points

TOTAL 360 points

NOTE:

Completion of the BSR requires a total of 360 points made up of Levels 5, 6, and 7 courses, with a maximum total of 150 points at Level 5 (10 x 15 point courses), and a minimum of 90 points of Level 7 BSR courses (non-BSR electives are NOT included in the 90pt minimum).

Students must complete and receive a passing grade in each compulsory/core course on the list above. If you have failed a compulsory/core course, then you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation (Flexi, no specific major) – February 2024

Semester 1 2024				Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Leadership in Sport & the Outdoors SPOR504	Sport & Exercise Science Fundamentals SPSC501	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 NORTH CAMPUS STUDENTS	Human Anatomy & Physiology I HEAL505	Innovative Planning in Sport & Recreation SPOR502	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503
	co: HEAL506	co: HEAL506	Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 SOUTH CAMPUS STUDENTS			Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	
Semester 1 2025				Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.			
Semester 1 2025				Semester 2 2025			
Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	BSR Optional Course	BSR Optional Course or Non-BSR Elective	Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	BSR Optional Course	BSR Optional Course or Non-BSR Elective	BSR Optional Course
	Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS			Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS			
Semester 1 2026				Semester 2 2026			
Sport & Recreation Cooperative I SPOR709 pre: SPOR608 & SPOR624		BSR Optional Course	BSR Optional Course or Non-BSR Elective	Sport & Recreation Cooperative II SPOR710 pre: SPOR709		BSR Optional Course or Non-BSR Elective	BSR Optional Course

Core courses = GREEN

Flexi pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation with a limit of 30 points at Level 5 and at least 30 points at Level 7. The remaining courses can be from Level 6 or 7.

Non-BSR Elective Course can replace up to 60 points of BSR Optional courses from other AUT programmes (subject to approval).

These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

AK3521 Bachelor of Sport and Recreation (standard, no specific major) – July 2024

Semester 1 2025				Semester 2 2024					
<p style="color: red; margin: 0;">Choose four of the below courses:</p> <p style="margin: 0;">Human Anatomy & Physiology I HEAL505</p> <p style="margin: 0;">Movement Theory to Practice SPOR521</p> <p style="margin: 0;">Professional Practice I SPOR522</p> <p style="margin: 0;">Introduction to Sport Management and Marketing SPOR525</p> <p style="margin: 0;">Nutrition and Physical Activity Fundamentals SPOR527 *North Campus Only</p> <p style="margin: 0;">Outdoor Learning for Wellbeing SPOR528 *North Campus Only</p> <p style="margin: 0;">Exercise Physiology I SPSC502</p>				<p style="margin: 0;">Knowledge, Enquiry & Communication HEAL506</p>	<p style="margin: 0;">Innovative Planning in Sport & Recreation SPOR502</p> <p style="margin: 0;">co: HEAL506</p>	<p style="margin: 0;">Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS</p> <p style="margin: 0;">Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS</p>	<p style="margin: 0;">Contemporary Issues in Sport & Recreation SPOR503</p> <p style="margin: 0;">co: HEAL506</p>	<p>Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.</p>	
Semester 1 2026				Semester 2 2025					
<p style="margin: 0;">Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS</p>	<p style="margin: 0;">Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS</p>	<p style="margin: 0;">Law & Ethics for Sport & Recreation SPOR610</p> <p style="margin: 0;">pre: HEAL506 co: SPOR501</p> <p style="margin: 0; color: red; font-size: small;">*VCOS Waiver required for South students</p>	<p style="margin: 0;">Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS</p>	<p style="margin: 0;">BSR Optional Course or Non-BSR Elective</p>	<p style="margin: 0;">BSR Optional Course</p>	<p style="margin: 0;">BSR Optional Course or Non-BSR Elective</p>			
Semester 1 2027				Semester 2 2026					
<p style="margin: 0;">Sport & Recreation Cooperative II SPOR710 pre: SPOR709</p>	<p style="margin: 0;">BSR Optional Course</p>	<p style="margin: 0;">BSR Optional Course or Non-BSR Elective</p>	<p style="margin: 0;">BSR Optional Course or Non-BSR Elective</p>	<p style="margin: 0;">Sport & Recreation Cooperative SPOR709 pre: SPOR608 & SPOR624</p>	<p style="margin: 0;">BSR Optional Course</p>	<p style="margin: 0;">BSR Optional Course or Non-BSR Elective</p>	<p style="margin: 0;">BSR Optional Course or Non-BSR Elective</p>		

Core courses = GREEN

Flexi pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation with a limit of 30 points at Level 5 and at least 30 points at Level 7. The remaining courses can be from Level 6 or 7.

Non-BSR Elective courses can replace up to 60 points of BSR Optional courses from other AUT programmes (subject to approval).

These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

Bachelor of Sport and Recreation (Management)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

BSR Major Courses (Management)					
Level	Code	Name	Pts	Semester 1	Semester 2
6	SPOR604	Sport Marketing	15		N + S
	SPOR605	Sport Management	15	N + S	
	SPOR607	Sport Development	15	N + S	
	SPOR614	Sport Finance	15		N + S
Plus, one additional course approved by the Programme Leader			15		
7	SPOR702	Sport Events and Entrepreneurship	15	N + S	
	SPOR705	Leadership in Sport and Recreation	15		N + S

* N = North Campus

* S = South Campus

Total 105 points

BSR Optional Courses or Non-BSR Electives	
<p>BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5.</p> <p>OR</p> <p>Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval). Students in the Management major may wish to consider selecting some Elective courses from the Bachelor of Business.</p>	

Total 30 Points

TOTAL 360 points

NOTE:

Completion of the BSR requires a total of 360 points made up of Levels 5, 6, and 7 courses, with a maximum total of 150 points at Level 5 (9 x 15 point courses), and a minimum of 90 points of Level 7 BSR courses (non-BSR electives are NOT included in the 90pt minimum).

Students must complete and receive a passing grade in each compulsory/core course on the list above. If you have failed a compulsory/core course you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation (Management) – February 2024

Semester 1 2024				Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Leadership in Sport & the Outdoors SPOR504 co: HEAL506	Sport & Exercise Science Fundamentals SPSC501 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 NORTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 SOUTH CAMPUS STUDENTS	Human Anatomy & Physiology I HEAL505	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506
Semester 1 2025				Semester 2 2025			
				Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.			
Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS	Sport Management SPOR605	Sport Development SPOR607 pre: SPOR501	Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS	Sport Marketing SPOR604	Sport Finance SPOR614	Plus one additional Course approved by the Programme Leader
Semester 1 2026				Semester 2 2026			
Sport & Recreation Cooperative I SPOR709 (in a Management area) pre: SPOR608 & SPOR624	Sport Events & Entrepreneurship SPOR702 pre: SPOR610 or SPOR614	BSR Optional Course or Non- BSR Elective	Sport & Recreation Cooperative II SPOR710 (in a Management area) pre: SPOR709	Leadership in Sport & Recreation SPOR705 pre: 120pts	BSR Optional Course or Non-BSR Elective		

Core courses = GREEN

Management major courses = RED

Management Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Management major courses.

BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5.

Non-BSR Elective Courses: can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval). Students in the Management major may wish to consider selecting some Elective courses from the Bachelor of Business.

These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

AK3521 Bachelor of Sport and Recreation (Management) – July 2024

Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506
Semester 1 2025			
Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.			
Semester 2 2025			
Choose four of the below courses: Human Anatomy & Physiology I HEAL505 Movement Theory to Practice SPOR521 Professional Practice I SPOR522 Introduction to Sport Management and Marketing SPOR525 Nutrition and Physical Activity Fundamentals SPOR527 *North Campus Only Outdoor Learning for Wellbeing SPOR528 *North Campus Only Exercise Physiology I SPSC502			
Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS	Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	Sport Marketing SPOR604	Sport Finance SPOR614
Plus one additional courses approved by the Programme Leader			
Semester 1 2026			
Semester 2 2026			
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Sport Management SPOR605	Sport Development SPOR607 pre: SPOR501
Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS			
Sport & Recreation Cooperative I SPOR709 (in a Management area) pre: SPOR608 & SPOR624		Leadership in Sport & Recreation SPOR705 pre: 120pts	BSR Optional Course or Non-BSR Elective
Semester 1 2027			
Sport & Recreation Cooperative II SPOR710 (in a Management area) pre: SPOR709		Sport Events & Entrepreneurship SPOR702 pre: SPOR610 or SPOR614	BSR Optional Course or Non-BSR Elective

Core courses = GREEN Management major courses = RED

Management Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Management major courses.

BSR Optional Courses are to be selected from the list of BSR Courses with a max of 30 points at level 5.

Non-BSR Elective Courses: can replace up to 30 points of BSR Optional Courses from other AUT programmes (subject to approval). Students in the Management major may wish to consider selecting some Elective courses from the Bachelor of Business. **These are sample pathways.** Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

Bachelor of Sport and Recreation (Sport & Exercise Science)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

Total 225 points

* N = North Campus

* S = South Campus

BSR Major Courses (Sport & Exercise Science)					
Level	Code	Name	Pts	Semester 1	Semester 2
6	NUTR601	Sport & Exercise Nutrition	15		N
	SPSC602	Applied Anatomy	15	N + S	
	SPSC603	Exercise Prescription & Assessment	15	N + S	
	SPSC605	Exercise Physiology	15	N + S	
	SPSC604	Applied Sports Biomechanics I	15		N
7	SPSC701	Athletic Conditioning	15		N
	SPSC702	Applied Sports Biomechanics II	15	N	

Total 105 points

* N = North Campus

* S = South Campus

BSR Optional Courses or Non-BSR Electives	
<p>BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. OR Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).</p>	

Total 30 points

TOTAL 360 points

NOTE:

Completion of the BSR requires a total of 360 points made up of Levels 5, 6, and 7 courses, with a maximum total of 150 points at Level 5 (9 x 15 point courses), and a minimum of 90 points of Level 7 BSR courses (non-BSR electives are NOT included in the 90pt minimum).

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course you must repeat this. Please discuss this with a BSR advisor. Please note that some SES major students wish to enrol in SPOR613 Analysing Performance as one of their optional/elective courses. It is advisable to enrol in this course in your second year.

AK3521 Bachelor of Sport and Recreation (Sport & Exercise Science) – February 2024

Semester 1 2024				Semester 2 2024				
Knowledge, Enquiry & Communication HEAL506	Leadership in Sport & the Outdoors SPOR504 co: HEAL506	Sport & Exercise Science Fundamentals SPSC501 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 NORTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 SOUTH CAMPUS STUDENTS	Human Anatomy & Physiology I HEAL505	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506	
Semester 1 2025				Semester 2 2025				
Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.								
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	Exercise Prescription & Assessment SPSC603 pre: SPSC501 or HEAL505 co: SPSC602	Exercise Physiology SPSC605 pre: SPSC501 & HEAL505	Applied Anatomy SPSC602 pre: SPSC501 or HEAL505	Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Sport & Exercise Nutrition NUTR601 pre: SPSC501 or NUTR501	Applied Sports Biomechanics I SPSC604 pre: SPSC501 or HEAL505	
Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS				Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS				
Semester 1 2026			Semester 2 2026					
Sport & Recreation Cooperative I SPOR709 (in a Sport & Exercise Science area) pre: SPOR608 & SPOR624			Applied Sports Biomechanics II SPSC702 pre: SPSC604	BSR Optional Course or Non-BSR Elective	Sport & Recreation Cooperative II SPOR710 (in a Sport & Exercise Science area) pre: SPOR709		Athletic Conditioning SPSC701 pre: SPSC602, SPSC603, SPSC605	BSR Optional Course or Non-BSR Elective

Core courses = GREEN

Sport & Exercise Science major courses = RED

Sport & Exercise Science Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Sport & Exercise Science major courses.

BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5.

Non-BSR Elective Courses: can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).

These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

AK3521 Bachelor of Sport and Recreation (Sport & Exercise Science) – July 2024

Semester 2 2024						
	Knowledge, Enquiry & Communication HEAL506	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506		
Semester 1 2025						
Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.						
Semester 2 2025						
MUST TAKE: Exercise Physiology I SPSC502 Choose three of the below courses: Human Anatomy & Physiology I HEAL505 Movement Theory to Practice SPOR521 Professional Practice I SPOR522 Introduction to Sport Management and Marketing SPOR525 Nutrition and Physical Activity Fundamentals SPOR527 *North Campus Only Outdoor Learning for Wellbeing SPOR528 *North Campus Only		Law & Ethics for Sport & Recreation SPOR610 *VCOS waiver required for South students pre: HEAL506 co: SPOR501	Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	Sport & Exercise Nutrition NUTR601 pre: SPSC501 or NUTR501	Applied Sports Biomechanics I SPSC604 pre: SPSC501 or HEAL505	
Semester 1 2026			Semester 2 2026			
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	Exercise Prescription & Assessment SPSC603 pre: SPSC501 or HEAL505 co: SPSC602	Exercise Physiology SPSC605 pre: SPSC501 & HEAL505	Applied Anatomy SPSC602 pre: SPSC501 or HEAL505	Sport & Recreation Cooperative I SPOR709 (in a Sport & Exercise Science area) pre: SPOR608 & SPOR624	Athletic Conditioning SPSC701 pre: SPSC602, SPSC603, SPSC605	BSR Optional Course or Non-BSR Elective
Semester 1 2027			Core courses = GREEN Sport & Exercise Science major courses = RED			
Sport & Recreation Cooperative II SPOR710 (in a Sport & Exercise Science area) pre: SPOR709		Applied Sports Biomechanics II SPSC702 pre: SPSC604	BSR Optional Course or Non-BSR Elective			

Non-BSR Elective courses: can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).
Sport & Exercise Science Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Sport & Exercise Science major courses.
BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

Bachelor of Sport and Recreation (Coaching)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

BSR Major Courses (Coaching)					
Level	Code	Name	Pts	Semester 1	Semester 2
6	SPOR609	Teaching Leading & Coaching	15	N + S	
	SPOR612	Skill Acquisition & Psychology	15	N	
	SPOR613	Analysing Performance	15	C	N
	PLUS at least two courses from the following four year 2 courses:				
	SPOR601	Sport, Health & PE studies	15		N + S
	SPOR607	Sport Development	15	N + S	
	SPSC604	Applied Sports Biomechanics I	15		N
	SPSC605	Exercise Physiology	15	N + S	
7	SPOR701	Integrated Coaching Practice	15		N
	SPOR707	Pedagogy & Performance	15	N	

* N = North Campus

* S = South Campus

Total 105 points

BSR Optional Courses or Non-BSR Electives	
<p>BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. Students in the Coaching major may choose to do all four SPOR601, SPOR607, SPSC604, SPSC605 courses using two to meet the major requirements above and the other two as BSR Optional courses.</p> <p>OR</p> <p>Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).</p>	

Total 30 points

TOTAL 360 points

NOTE:

Completion of the BSR requires a total of 360 points made up of Levels 5, 6, and 7 courses, with a maximum total of 150 points at Level 5 (10 x 15 point courses), and a minimum of 90 points of Level 7 BSR courses (non-BSR electives are NOT included in the 90pt minimum).

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation (Coaching) – February 2024

Semester 1 2024				Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Leadership in Sport & the Outdoors SPOR504	Sport & Exercise Science Fundamentals SPSC501	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 NORTH CAMPUS STUDENTS	Human Anatomy & Physiology I HEAL505	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506
	co: HEAL506	co: HEAL506	Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 SOUTH CAMPUS STUDENTS			Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	
Semester 1 2025				Semester 2 2025			
Semester 1 2025				Semester 2 2025			
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	Skill Acquisition & Psychology SPOR612 co: SPOR624	<u>Select 1 of 4:</u> <i>SPOR607 (S1 only)</i> <i>SPSC605 (S1 only)</i> <i>SPOR601 (S2 only)</i> <i>SPSC604 (S2 only)</i>	Teaching, Leading & Coaching SPOR609 pre: SPOR511 or equivalent	Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS	Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Analysing Performance SPOR613	<u>Select 1 of 4:</u> <i>SPOR607 (S1 only)</i> <i>SPSC605 (S1 only)</i> <i>SPOR601 (S2 only)</i> <i>SPSC604 (S2 only)</i>
Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS			Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS				
Semester 1 2026				Semester 2 2026			
Sport & Recreation Cooperative I SPOR709 (in a Coaching area) pre: SPOR608 & SPOR624	Pedagogy & Performance SPOR707 pre: SPOR609 or co: SPOR612	BSR Optional Course or Non-BSR Elective	Sport & Recreation Cooperative II SPOR710 (in a Coaching area) pre: SPOR709	Integrated Coaching Practice SPOR701 pre: SPOR624	BSR Optional Course or Non-BSR Elective		

Core Courses = GREEN

Coaching major Courses = RED

Coaching pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Coaching major courses.

BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. Students in the Coaching major may choose to do all four SPOR601, SPSC604, SPSC605, SPOR607 courses using two to meet the major requirements above and the other two as BSR Optional courses in Year 3.

Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).

These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

Bachelor of Sport and Recreation (Exercise Science & Nutrition)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

BSR Major Courses (Exercise Science Nutrition)					
Level	Code	Name	Pts	Semester 1	Semester 2
6	NUTR601	Sport & Exercise Nutrition	15		N
	SPOR606	Sport, Health & Wellbeing	15		N + S
	SPSC602	Applied Anatomy	15	N + S	
	SPSC603	Exercise Prescription & Assessment	15	N + S	
	SPSC605	Exercise Physiology	15	N + S	
7	NUTR701	Lifestyle Nutrition	15	N	
	SPSC703	Clinical Exercise Physiology	15		N

* N = North Campus

* S = South Campus

Total 105 points

BSR Optional Courses and Non-BSR Electives	
<p>BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5.</p> <p>OR</p> <p>Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).</p>	

Total 30 points

TOTAL 360 points

NOTE:

Completion of the BSR requires a total of 360 points made up of Levels 5, 6, and 7 courses, with a maximum total of 150 points at Level 5 (10 x 15 point courses), and a minimum of 90 points of Level 7 BSR courses (non-BSR electives are NOT included in the 90pt minimum).

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation (Exercise Science & Nutrition) – February 2024

Semester 1 2024				Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Leadership in Sport & the Outdoors SPOR504	Sport & Exercise Science Fundamentals SPSC501	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 NORTH CAMPUS STUDENTS	Human Anatomy & Physiology I HEAL505	Innovative Planning in Sport & Recreation SPOR502	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503
	co: HEAL506	co: HEAL506	Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 SOUTH CAMPUS STUDENTS			Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	
Semester 1 2025				Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.			
				Semester 2 2025			
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	Exercise Prescription & Assessment SPSC603	Exercise Physiology SPSC605	Applied Anatomy SPSC602	Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS	Law & Ethics for Sport & Recreation SPOR610	Sport & Exercise Nutrition NUTR601	Sport, Health & Wellbeing SPOR606
Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS	pre: SPSC501 or HEAL505 co: SPSC602	pre: SPSC501 & HEAL505	pre: SPSC501 or HEAL505	Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	pre: HEAL506 co: SPOR501	pre: SPSC501 or NUTR501	
Semester 1 2026				Semester 2 2026			
Sport & Recreation Cooperative I SPOR709 (in an Exercise Science & Nutrition area) pre: SPOR608 & SPOR624		Lifestyle Nutrition NUTR701 pre: NUTR501 or SPSC501	BSR Optional Course or Non-BSR Elective	Sport & Recreation Cooperative II SPOR710 (in an Exercise Science & Nutrition area) pre: SPOR709		Clinical Exercise Physiology SPSC703 pre: SPSC603, SPSC605	BSR Optional Course or Non-BSR Elective

Core courses = GREEN

Exercise Science & Nutrition major courses = RED

Exercise Science & Nutrition Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Exercise Science & Nutrition major courses.

BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5.

Non-BSR Electives can replace up to 30 points of BSR Optional courses with other AUT programmes (subject to approval).

These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

AK3521 Bachelor of Sport and Recreation (Exercise Science & Nutrition) – July 2024

Semester 1 2025				Semester 2 2024			
MUST TAKE: Exercise Physiology I SPSC502 Choose 3 of the below courses: Human Anatomy & Physiology I HEAL505 Movement Theory to Practice SPOR521 Professional Practice I SPOR522 Introduction to Sport Management and Marketing SPOR525 Nutrition and Physical Activity Fundamentals SPOR527 *North Campus Only Outdoor Learning for Wellbeing SPOR528 *North Campus Only				Knowledge, Enquiry & Communication HEAL506	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506
Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.				Semester 2 2025			
Law & Ethics for Sport & Recreation SPOR610 *VCOS waiver required for South students pre: HEAL506 co: SPOR501				Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	Sport & Exercise Nutrition NUTR601 pre: SPSC501 or NUTR501	Sport, Health & Wellbeing SPOR606	
Semester 1 2026				Semester 2 2026			
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	Exercise Prescription & Assessment SPSC603 pre: SPSC501 or HEAL505 co: SPSC602	Exercise Physiology SPSC605 pre: SPSC501 & HEAL505	Applied Anatomy SPSC602 pre: SPSC501 or HEAL505	Sport & Recreation Cooperative I SPOR709 (in an Exercise Science & Nutrition area) pre: SPOR608 & SPOR624	Clinical Exercise Physiology SPSC703 pre: SPSC603, SPSC605	BSR Optional Course or Non-BSR Elective	
Semester 1 2027				Core courses = GREEN Exercise Science & Nutrition major courses = RED			
Sport & Recreation Cooperative II SPOR710 (in an Exercise Science & Nutrition area) pre: SPOR709		Lifestyle Nutrition NUTR701 pre: NUTR501 or SPSC501	BSR Optional Course or Non-BSR Elective	Exercise Science & Nutrition Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Exercise Science & Nutrition major courses. BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval). These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.			

Bachelor of Sport and Recreation (Outdoor Education)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

BSR Major Courses (Outdoor Education)					
Level	Code	Name	Pts	Semester 1	Semester 2
6	SPOR602	Roto-Awa: Lakes & Rivers	15		N + OFFSITE
	SPOR603	Motu-Moana: Islands & Sea	15		N + OFFSITE
	SPOR609	Teaching, Leading & Coaching	15	N + S	
	SPOR618	Contemporary Approaches to Outdoor Education	15	N + OFFSITE	
	SPOR619	Maunga-Ngahere: Mountains & Bush	15	N + OFFSITE	
7	SPOR708	Outdoor Education	15		N
	Plus: one of the following year 3 courses				
	SPOR702	Entrepreneurship in Sport & Recreation	15	N + S	
	SPOR707	Pedagogy & Performance	15	N	

* N = North Campus

* S = South Campus

* N + OFFSITE = Block course outside of normal semester times including multi day practicals off site. Theory component at North Campus – please see current timetable for days and times.

Total 105 points

BSR Optional Courses and Non-BSR Electives	
<p>BSR Optional courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. Students in the Outdoor Education major may choose to do both SPOR702 and SPOR707 using one to meet the major requirements above and the other one as a BSR Optional course.</p>	
OR	
<p>Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).</p>	

Total 30 points

TOTAL 360 points

NOTE:

Completion of the BSR requires a total of 360 points made up of Levels 5, 6, and 7 courses, with a maximum total of 150 points at Level 5 (10 x 15 point courses), and a minimum of 90 points of Level 7 BSR courses (non-BSR electives are NOT included in the 90pt minimum).

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation (Outdoor Education) – February 2024

Semester 1 2024				Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Leadership in Sport & the Outdoors SPOR504 co: HEAL506	Sport & Exercise Science Fundamentals SPSC501 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 NORTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 SOUTH CAMPUS STUDENTS	Human Anatomy & Physiology I HEAL505	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506
Semester 1 2025				Semester 2 2025			
Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.							
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS	Teaching, Leading & Coaching SPOR609 pre: SPOR511 or equivalent	Maunga-Ngahere: Mountains & Bush SPOR619*	BSR Optional Course or Non-BSR Elective	Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS	Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Roto-Awa: Lakes & Rivers SPOR602*	Motu-Moana: Islands & Sea SPOR603* pre: approval of Programme Leader
Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS				Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS			
Semester 1 2026				Semester 2 2026			
Sport & Recreation Cooperative I SPOR709 (in an Outdoor Education area) pre: SPOR608 & SPOR624		Contemporary Approaches to Outdoor Education SPOR618 pre: SPOR602 or SPOR603 or SPOR619	<u>Choose 1 from:</u> SPOR702 SPOR707	Sport & Recreation Cooperative II SPOR710 (in an Outdoor Education area) pre: SPOR709		BSR Optional Course or Non-BSR Elective	Outdoor Education SPOR708 pre: SPOR602 or SPOR603 or SPOR619, SPOR609

Core courses = GREEN

Outdoor Education major courses = RED

Outdoor Education Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Outdoor Education major courses.

BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. Students in the Outdoor Education major may choose to do both SPOR702 and SPOR707 using one to meet the major requirements above and the other one as a BSR Optional course.

Non-BSR Electives can replace up to 30 points of BSR Optional course from other AUT programmes (subject to approval).

* These 3 courses are delivered in a block outside of normal semester times. They include off site and multi day practicals. See timetables and information sheet for details.

The Programme Leader must approve enrolments.

These are sample pathways. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

Bachelor of Sport and Recreation (Health & Physical Education)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

BSR Major Courses (Health & Physical Education)					
Level	Code	Name	Pts	Semester 1	Semester 2
6	SPOR601	Sport, Health & PE Studies	15		N + S
	SPOR606	Sport, Health & Wellbeing	15		N + S
	SPOR609	Teaching, Leading & Coaching	15	N + S	
	SPOR612	Skill Acquisition & Psychology	15	N	
	SPSC604	Applied Sports Biomechanics I	15		N
7	SPOR706	Health & Physical Education Philosophy & Pedagogy	15		N + S
	SPOR707	Pedagogy & Performance	15	N	

* N = North Campus

* S = South Campus

Total 105 points

BSR Optional Courses and Non-BSR Electives	
BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5.	
OR	
Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).	

Total 30 points

TOTAL 360 points

NOTE:

Completion of the BSR requires a total of 360 points made up of Levels 5, 6, and 7 courses, with a maximum total of 150 points at Level 5 (10 x 15 point courses), and a minimum of 90 points of Level 7 BSR courses (non-BSR electives are NOT included in the 90pt minimum).

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation (Health & Physical Education) – February 2024

Semester 1 2024				Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Leadership in Sport & the Outdoors SPOR504 co: HEAL506	Sport & Exercise Science Fundamentals SPSC501 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 NORTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 SOUTH CAMPUS STUDENTS	Human Anatomy & Physiology I HEAL505	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506
				Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.			
Semester 1 2025				Semester 2 2025			
Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS	Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Teaching, Leading & Coaching SPOR609 pre: SPOR511 or equivalent	Skill Acquisition & Psychology SPOR612 co: SPOR624	Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	Sport, Health & PE studies SPOR601 pre: HEAL505 or SPSC501	Sport, Health & Wellbeing SPOR606	Applied Sports Biomechanics I SPSC604 pre: SPSC501 or HEAL505
Semester 1 2026				Semester 2 2026			
Sport & Recreation Cooperative I SPOR709 (in a Health & PE area) pre: SPOR608 & SPOR624	Pedagogy & Performance SPOR707 pre: SPOR609 or SPOR612	BSR Optional Course or Non-BSR Elective	Sport & Recreation Cooperative II SPOR710 (in a Health & PE area) pre: SPOR709	Health & PE Philosophy & Pedagogy SPOR706 pre: SPOR601, SPOR606	BSR Optional Course or Non-BSR Elective		

Core courses = GREEN

Health & Physical Education major courses = RED

Health & Physical Education Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Health & Physical Education major courses.

BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5.

Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).

These are sample pathway. Timetabling issues may necessitate a variation to the order, semester and campus that some courses are completed.

AK3521 Bachelor of Sport and Recreation (Health & Physical Education) – July 2024

Semester 2 2024			
Knowledge, Enquiry & Communication HEAL506	Innovative Planning in Sport & Recreation SPOR502 co: HEAL506	Skill Learning in Sport & Recreation SPOR511 co: HEAL506 SOUTH CAMPUS STUDENTS Sport & Recreation in Aotearoa/New Zealand SPOR501 co: HEAL506 NORTH CAMPUS STUDENTS	Contemporary Issues in Sport & Recreation SPOR503 co: HEAL506
Semester 1 2025			
Important note: If you fail one or more of the above level 5 courses in 2024 or prior, please refer to the transition document HERE to choose replacement courses for 2025.			
Semester 2 2025			
MUST TAKE: Exercise Physiology I SPSC502 or/and Human Anatomy & Physiology I HEAL505 Choose 2 – 3 of the below courses to make a total of 4 courses for your semester: Movement Theory to Practice SPOR521 Professional Practice I SPOR522 Introduction to Sport Management and Marketing SPOR525 Nutrition and Physical Activity Fundamentals SPOR527 *North Campus Only Outdoor Learning for Wellbeing SPOR528 *North Campus Only	Evidence Based Practice SPOR608 pre: HEAL506 NORTH CAMPUS STUDENTS Group & Individual Behaviour SPOR624 pre: HEAL506 SOUTH CAMPUS STUDENTS	Sport, Health & PE studies SPOR601 pre: HEAL505 or SPSC501	Sport, Health & Wellbeing SPOR606 Applied Sports Biomechanics I SPSC604 pre: SPSC501 or HEAL505
Semester 1 2026		Semester 2 2026	
Evidence Based Practice SPOR608 pre: HEAL506 SOUTH CAMPUS STUDENTS	Law & Ethics for Sport & Recreation SPOR610 pre: HEAL506 co: SPOR501	Teaching, Leading & Coaching SPOR609 pre: SPOR511	Skill Acquisition & Psychology SPOR612 co: SPOR624
Group & Individual Behaviour SPOR624 pre: HEAL506 NORTH CAMPUS STUDENTS			
Sport & Recreation Cooperative I SPOR709 (in a Health & PE area) pre: SPOR608 & SPOR624	Health & PE Philosophy & Pedagogy SPOR706 pre: SPOR601, SPOR606	BSR Optional Course or Non-BSR Elective	
Semester 1 2027			
Sport & Recreation Cooperative II SPOR710 (in a Health & PE area) pre: SPOR709	Pedagogy & Performance SPOR707 pre: SPOR609 or SPOR612	BSR Optional Course or Non-BSR Elective	
			<p>Core courses = GREEN Health & Physical Education major courses = Red</p> <p>Health & Physical Education Pathway: In addition to the core courses, you need 135 points from courses in the Bachelor of Sport and Recreation, including 105 points of Health & Physical Education major courses. BSR Optional Courses are to be selected from the list of BSR courses with a maximum of 30 points at level 5. Non-BSR Electives can replace up to 30 points of BSR Optional courses from other AUT programmes (subject to approval).</p>

Bachelor of Sport and Recreation (with a double major)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

BSR Major Courses (Major #1)

Complete the BSR Major courses required for the first major selected. See the pages referring to that major.

Total 105 points

BSR Major Courses (Major #2)

Complete the BSR Major courses required for the second major selected. Points in this section will vary depending on the majors selected and whether there are any overlap courses between the two majors selected.

Total 30-105 points

BSR Optional Courses OR Non-BSR Electives

Students undertaking a double major will already be meeting the requirements for a minimum of 360pts and therefore will not have room in their programme for any other BSR optional or non-BSR elective courses. However, students are welcome to add extra courses to their programme if they choose.

Total 0 points

TOTAL 360-435 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Health & Physical Education/Coaching)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

Health & Physical Education & Coaching Major Courses				
Code	Name	Pts	Semester 1	Semester 2
SPOR601	Sport, Health & PE Studies	15		N + S
SPOR606	Sport, Health & Wellbeing	15		N + S
SPOR609	Teaching, Leading & Coaching	15	N + S	
SPOR612	Skill Acquisition & Psychology	15	N	
SPOR613	Analysing Performance	15	S	N
SPSC604	Applied Sports Biomechanics I	15		N
SPOR701	Integrated Coaching Practice	15		N
SPOR706	Health & Physical Education Philosophy & Pedagogy	15		N+ S
SPOR707	Pedagogy & Performance	15	N	

* N = North Campus

* S = South Campus

* C = City Campus

Total 135 points

TOTAL 360 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Coaching/Management)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

Coaching & Management Major Courses				
Code	Name	Pts	Semester 1	Semester 2
SPOR604	Sport Marketing	15		N + S
SPOR605	Sport Management	15	N	
SPOR607	Sport Development	15	N + S	
SPOR609	Teaching, Leading & Coaching	15	N + S	
SPOR612	Skill Acquisition & Psychology	15	N	
SPOR613	Analysing Performance	15	C	N
SPOR614	Sport Finance	15		N
SPOR701	Integrated Coaching Practice	15		N
SPOR702	Entrepreneurship in Sport & Recreation	15	N + S	
SPOR705	Leadership in Sport and Recreation	15		N + S
SPOR707	Pedagogy & Performance	15	N	
Select 1 from the following courses				
SPOR601	Sport, Health & PE Studies	15		N + S
SPSC604	Applied Sports Biomechanics I	15		N
SPSC605	Exercise Physiology	15	N + S	

* N = North Campus

* S = South Campus

* C = City Campus

Total 180 points

TOTAL 405 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Sport Exercise Science/Management)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

Total 225 points

* N = North Campus

* S = South Campus

Sport Exercise Science & Management Major Courses				
Code	Name	Pts	Semester 1	Semester 2
NUTR601	Sport & Exercise Nutrition	15		N
SPOR604	Sport Marketing	15		N + S
SPOR605	Sport Management	15	N	
SPOR607	Sport Development	15	N + S	
SPOR614	Sport Finance	15		N
SPOR702	Entrepreneurship in Sport & Recreation	15	N + S	
SPOR705	Leadership in Sport and Recreation	15		N + S
SPSC602	Applied Anatomy	15	N + S	
SPSC603	Exercise Prescription & Assessment	15	N + S	
SPSC604	Applied Sports Biomechanics I	15		N
SPSC605	Exercise Physiology	15	N + S	
SPSC701	Athletic Conditioning	15		N
SPSC702	Applied Sports Biomechanics II	15	N	

Total 195 points

* N = North Campus

* S = South Campus

TOTAL 420 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Sport Exercise Science/Exercise Science & Nutrition)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

Sport Exercise Science & Exercise Science and Nutrition Major Courses				
Code	Name	Pts	Semester 1	Semester 2
NUTR601	Sport & Exercise Nutrition	15		N
NUTR701	Lifestyle Nutrition	15	N	
SPOR606	Sport, Health & Wellbeing	15		N + S
SPSC602	Applied Anatomy	15	N + S	
SPSC603	Exercise Prescription & Assessment	15	N + S	
SPSC604	Applied Sports Biomechanics I	15		N
SPSC605	Exercise Physiology	15	N + S	
SPSC701	Athletic Conditioning	15		N
SPSC702	Applied Sports Biomechanics II	15	N	
SPSC703	Clinical Exercise Physiology	15		N

* N = North Campus

* S = South Campus

Total 150 points

TOTAL 375 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Exercise Science & Nutrition/Coaching)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

Exercise Science and Nutrition & Coaching Major Courses				
Code	Name	Pts	Semester 1	Semester 2
NUTR601	Sport & Exercise Nutrition	15		N
NUTR701	Lifestyle Nutrition	15	N	
SPOR606	Sport, Health & Wellbeing	15		N + S
SPOR609	Teaching, Leading & Coaching	15	N + S	
SPOR612	Skill Acquisition & Sport Psychology	15	N	
SPOR613	Analysing Performance	15	C	N
SPOR701	Integrated Coaching Practice	15		N
SPOR707	Pedagogy & Performance	15	N	
SPSC602	Applied Anatomy	15	N + S	
SPSC603	Exercise Prescription & Assessment	15	N + S	
SPSC605	Exercise Physiology	15	N + S	
SPSC703	Clinical Exercise Physiology	15		N
Select 1 course from the following courses				
SPOR601	Sport, Health & PE Studies	15		N + S
SPOR607	Sport Development	15	N + S	
SPSC604	Applied Sports Biomechanics I	15		N

* N = North Campus

* S = South Campus

* C = City Campus

Total 195 points

TOTAL 420 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

**AK3521 Bachelor of Sport and Recreation
(Outdoor Education/Management)**

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

Total 225 points

* N = North Campus

* S = South Campus

Outdoor Education & Management Major Courses				
Code	Name	Pts	Semester 1	Semester 2
SPOR602	Roto-Awa: Lakes & Rivers	15		N + OFFSITE
SPOR603	Motu-Moana: Islands & Sea	15		N + OFFSITE
SPOR604	Sport Marketing	15		N + S
SPOR605	Sport Management	15	N	
SPOR607	Sport Development	15	N + S	
SPOR609	Teaching, Leading & Coaching	15	N + S	
SPOR614	Sport Finance	15		N
SPOR618	Contemporary Approaches to Outdoor Education	15	N	
SPOR619	Maunga-Ngahere Mountains & Bush	15	N + OFFSITE	
SPOR702	Entrepreneurship in Sport & Recreation	15	N + S	
SPOR705	Leadership in Sport & Recreation	15		N + S
SPOR708	Outdoor Education	15		N

Total 180 points

* N = North Campus

* S = South Campus

* N + OFFSITE = Block course outside of normal semester times, including multi day practicals offsite. Theory component at North Campus – please see current timetable for days and times.

TOTAL 405 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Health and Physical Education/Exercise Science and Nutrition)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

Health and Physical Education & Exercise Science and Nutrition Major Courses				
Code	Name	Pts	Semester 1	Semester 2
NUTR601	Sport & Exercise Nutrition	15		N
NUTR701	Lifestyle Nutrition	15	N	
SPOR601	Sport, Health & PE Studies	15		N + S
SPOR606	Sport, Health & Wellbeing	15		N + S
SPOR609	Teaching, Leading & Coaching	15	N + S	
SPOR612	Skill Acquisition & Psychology	15	N	
SPOR706	Health & Physical Education Philosophy & Pedagogy	15		N+ S
SPOR707	Pedagogy & Performance	15	N	
SPSC602	Applied Anatomy	15	N + S	
SPSC603	Exercise Prescription & Assessment	15	N + S	
SPSC604	Applied Sports Biomechanics I	15		N
SPSC605	Exercise Physiology	15	N + S	
SPSC703	Clinical Exercise Physiology	15		N

* N = North Campus

* S = South Campus

Total 195 points

TOTAL 420 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Health and Physical Education/Management)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

Total 225 points

* N = North Campus

* S = South Campus

Health and Physical Education & Management Major Courses				
Code	Name	Pts	Semester 1	Semester 2
SPOR601	Sport, Health & PE Studies	15		N + S
SPOR604	Sport Marketing	15		N + S
SPOR605	Sport Management	15	N	
SPOR606	Sport, Health & Wellbeing	15		N + S
SPOR607	Sport Development	15	N + S	
SPOR609	Teaching, Leading & Coaching	15	N + S	
SPOR612	Skill Acquisition & Psychology	15	N	
SPOR614	Sport Finance	15		N
SPOR702	Entrepreneurship in Sport & Recreation	15	N + S	
SPOR705	Leadership in Sport & Recreation	15		N + S
SPOR706	Health & Physical Education Philosophy & Pedagogy	15		N+S
SPOR707	Pedagogy & Performance	15	N	
SPSC604	Applied Sports Biomechanics I	15		N

Total 195 points

* N = North Campus

* S = South Campus

TOTAL 420 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Exercise Science and Nutrition/Management)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

Total 225 points

* N = North Campus

* S = South Campus

Exercise Science and Nutrition & Management Major Courses				
Code	Name	Pts	Semester 1	Semester 2
NUTR601	Sport & Exercise Nutrition	15		N
NUTR701	Lifestyle Nutrition	15	N	
SPOR604	Sport Marketing	15		N + S
SPOR605	Sport Management	15	N	
SPOR606	Sport, Health & Wellbeing	15		N + S
SPOR607	Sport Development	15	N + S	
SPOR614	Sport Finance	15		N
SPOR702	Entrepreneurship in Sport & Recreation	15	N + S	
SPOR705	Leadership in Sport & Recreation	15		N + S
SPSC602	Applied Anatomy	15	N + S	
SPSC603	Exercise Prescription & Assessment	15	N + S	
SPSC605	Exercise Physiology	15	N + S	
SPSC703	Clinical Exercise Physiology	15		N

Total 195 points

* N = North Campus

* S = South Campus

TOTAL 420 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

AK3521 Bachelor of Sport and Recreation
(Outdoor Education & Coaching)

BSR Compulsory / Core Courses				
Code	Name	Pts	Semester 1	Semester 2
HEAL505	Human Anatomy & Physiology 1 (HAP 1)	15	N+S	N+S
HEAL506	Knowledge, Enquiry & Communication (KEC)	15	N+S	N+S
SPOR501	Sport & Recreation in Aotearoa/New Zealand	15	S	N
SPOR502	Innovative Planning in Sport & Recreation	15		N+S
SPOR503	Contemporary Issues in Sport & Recreation	15		N+S
SPOR504	Leadership in Sport & the Outdoors	15	N+S	
SPOR511	Skill Learning in Sport & Recreation	15	N	S
SPSC501	Sport & Exercise Science Fundamentals	15	N+S	
SPOR608	Evidence Based Practice	15	S	N
SPOR610	Law & Ethics for Sport & Recreation	15	N	N+S
SPOR624	Group & Individual Behaviour	15	N	S
SPOR709	Sport & Recreation Cooperative I	30	N+S	N+S
SPOR710	Sport & Recreation Cooperative II	30	N+S	N+S

* N = North Campus

* S = South Campus

Total 225 points

Outdoor Education & Coaching Major Courses				
Code	Name	Pts	Semester 1	Semester 2
SPOR602	Motu-Moana: Islands & Sea	15		N + OFFSITE
SPOR603	Roto-Awa: Lakes & Rivers	15		N + OFFSITE
SPOR609	Teaching, Leading & Coaching	15	N + S	
SPOR612	Skill Acquisition & Sport Psychology	15	N	
SPOR613	Analysing Performance	15	C	N
SPOR618	Contemporary Approaches to Outdoor Education	15	N	
SPOR619	Maunga-Ngahere: Mountains & Bush	15	N + OFFSITE	
SPOR701	Integrated Coaching Practice	15		N
SPOR707	Pedagogy & Performance	15	N	
SPOR708	Outdoor Education	15		N
Select 2 courses from the following courses				
SPOR601	Sport, Health & PE Studies	15		N + S
SPOR607	Sport Development	15	N + S	
SPSC604	Applied Sports Biomechanics I	15		N
SPSC605	Exercise Physiology	15	N	

* N = North Campus

* S = South Campus

* C = City Campus

* N + OFFSITE = Block course outside of normal semester times, including multi day practicals offsite. Theory component at North Campus – please see current timetable for days and times.

Total 180 points

TOTAL 405 points

Students must complete and receive a passing grade in each compulsory core course on the list above. If you have failed a compulsory core course, you must repeat this. Please discuss this with a BSR advisor.

Sport and Business - Double Degree Pathway: AK3521 Bachelor of Sport and Recreation (BSR) AK3693 Bachelor of Business (BBus)

BSR students may wish to undertake a Double Degree which combines the BSR with the BBus, essentially enabling students to complete these two degrees simultaneously, and graduating with two separate qualifications. Each degree programme is offered and managed by their respective school/faculty (BSR - School of Sport and Recreation; BBus - Faculty of Business), however we have worked together to provide students with pre-planned pathways that includes all the courses required for each of these two programmes, and which can be completed in five to six years. Please see the following pages for these pathways.

The Double Degree (BSR and BBus) caters for students who are interested in the business side of sport and recreation, or perhaps who have two very distinct areas of interest and would like qualifications in both to broaden their career opportunities. No matter what aspect of sport or recreation you are interested in, having a business degree to complement your BSR, will make you very marketable to future employers. Business skills are in high demand within the sport and recreation sector.

The Double Degree consists of minimum 570 points, and most students are able to complete these points within four and a half years by picking up one or two additional courses along the way, either through summer school (if offered) or as an additional course during one or two semesters along the way. Students who have a B grade average can apply to add an extra course to a semester. Students need to speak with a BSR advisor before they apply.

The Double Degree pathway enables students to graduate with a BSR major (or no major), and a BBus major and minor. Both the BSR and BBus components must be addressed in the final year Capstone 'Sport and Business Co-operative' industry placement which is a combination of the Capstone/Co-operative Education programmes of both the BSR and BBus degrees.

BSR courses are offered at the North Shore Campus with many also offered at South Campus. BBus papers are offered at the City Campus with many also offered at South Campus. This enables students to complete most of their Double Degree at South Campus if they choose, or a combination of courses across North and City Campuses.

Contact info for advice and enrolment assistance:

sportstudent@aut.ac.nz (BSR)

Business@aut.ac.nz (BBus)

BSR and BBus organisation pages on Canvas

* BSR – Bachelor of Sport and Recreation Programme Information

* Business Undergraduate Programme Information

BACHELOR OF SPORT AND RECREATION (AK3521) and BACHELOR OF BUSINESS (AK3693) Double Degrees

Bachelor of Sport and Recreation (BSR) Entry – Sample pathway 2024*

	YEAR 1		YEAR 2		YEAR 3 ¹		YEAR 4 ¹		YEAR 5 ¹	
Semester 1 60 POINTS	BSR Core	HEAL506	BSR Core	choice ²	BSR Core	SPOR608	BSR Course ³	Level 6 ^b	Capstone	SPMG701 ⁴
	BSR Core	SPOR504	BSR Core	SPOR624	BSR Course ³	Level 6	BSR Course ³	Level 7		
	BSR Core	SPOR511	BBus Core	BUSS508	BSR Course ³	Level 6	BSR Course ³	Level 7		
	BSR Core	SPSC501	BBus Core	BUSS509	BSR Course ³	Level 6	BBus MAJOR	Level 6/7		
Semester 2 60 POINTS	BSR Core	SPOR501	BSR Core	SPOR610	BSR Course ³	Level 6	BBus MAJOR	Level 7	BBus Minor	
	BSR Core	SPOR502	BSR Core	SPOR503 <u>equivalent</u>	BBus MAJOR	Level 5/6	BBus MAJOR	Level 7	BBus Minor Level 7	
	BBus Core	BUSS505	BBus MAJOR	Level 5	BBus MAJOR	Level 6	BBus MAJOR	Level 7		
	BBus Core	BUSS507	BBus Minor		BBus MAJOR	Level 6	BBus Minor			

Bachelor of Business (BBus) Entry – Sample pathway 2024*

	YEAR 1		YEAR 2		YEAR 3 ¹		YEAR 4 ¹		YEAR 5 ¹	
Semester 1 60 POINTS	BBUS Core	BUSS505	BSR Core	LEVEL 5	BSR Core	SPOR608	BSR Course ³	Level 6 ^b	Capstone	SPMG701 ⁴
	BBUS Core	BUSS507	BSR Core	SPOR511 <u>equivalent</u>	BSR Course ³	Level 6	BSR Course ³	Level 7		
	BBUS Core	BUSS508	BSR Core	SPSC501 <u>equivalent</u>	BSR Course ³	Level 6	BSR Course ³	Level 7		
	BBUS Core	BUSS509	BSR Core	SPOR624	BSR Course ³	Level 6	BBus MAJOR	Level 6/7		
Semester 2 60 POINTS	BSR Core	HEAL506	BSR Core	choice ²	BSR Course ³	Level 6	BBus MAJOR	Level 7	BBUS Minor	
	BSR Core	SPOR501	BSR Core	SPOR610	BBus MAJOR	Level 5/6	BBus MAJOR	Level 7	BBUS Minor Level 7	
	BSR Core	SPOR502	BBUS MAJOR	Level 5	BBus MAJOR	Level 6	BBus MAJOR	Level 7		
	BSR Core	SPOR503	BBUS Minor		BBus MAJOR	Level 6	BBus Minor			

Notes ¹ Courses in this year can be completed in Semester 1 or 2 depending on majors and courses selected

² Choice of: HEAL504 or HEAL505 or HEAL507

³ Major or optional course

^b subject to major choice, this Level 6 course may not be needed

⁴ The 60pt Sport and Business Co-operative may be taken as a full year (two semester) course or consolidated into one full time semester of study

* This is a sample structure only and will depend on timetabling constraints, major and minor course selections, and pre-requisites. Students may be able to fast-track by completing a Business major or minor course at Summer School. To be recommended for graduation, the requirements for each respective programme must be met in line with the displayed structure or in accordance with one or each of the programme's regulations

For **BSR course choices** email sportstudent@aut.ac.nz or visit the AF204 Office (North Campus) or the Student Hub at MB1 (South Campus)

Further information can be found on Canvas under Bachelor of Sport & Recreation Programme Information. For **BBus Course Advice** visit WF1 (City Campus) or email business@aut.ac.nz.

BBus programme information can be found on Canvas: [Business Undergraduate Programmes, Programme Information, BBus](#)

2024 Double Degrees Structure

BACHELOR OF SPORT AND RECREATION (AK3521) and BACHELOR OF BUSINESS (AK3693)

BACHELOR OF SPORT AND RECREATION (AK3521)	
165 points	Core courses
15 points	HEAL506 Knowledge, Enquiry and Communication
15 points	SPOR501 Sport and Recreation in Aotearoa/New Zealand
15 points	SPOR502 Innovative Planning in Sport and Recreation
15 points	SPOR503 Contemporary Issues in Sport and Recreation
15 points	SPOR504 Leadership in Sport and the Outdoors
15 points	SPOR511 Skill Learning in Sport and Recreation
15 points	SPSC501 Sport and Exercise Science Fundamentals
15 points	HEAL504 or HEAL505 or HEAL507
15 points	SPOR608 Evidence Based Practice
15 points	SPOR610 Law and Ethics for Sport and Recreation
15 points	SPOR624 Group and Individual Behaviour
105 points	Major courses or BSR Table of Courses**
	BSR Level 6 BSR Level 7 <i>points at each level are subject to major or non-major requirements</i> <i>** students choosing not to do a major can cross-credit up to 60 points from the BBus with approval from the Programme Leader (L6/L7 courses only)</i>
60 points	Combined Capstone
60 points	SPMG701 Sport and Business Co-operative
30 points	Cross-credits from the BBus **
360 points	

BSR Majors

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

BACHELOR OF BUSINESS (AK3693)	
Core courses	60 points
BUSS505 Consumer and Organisational Behaviour	15 points
BUSS507 Financial Decision Making and Information Systems	15 points
BUSS508 Economics and International Business	15 points
BUSS509 Ethics, Responsibility and Sustainability	15 points
Major courses	120 points
BBus Major Level 5	15 points
BBus Major Level 6	45 points
BBus Major Level 7	45 points
BBus Major Level 5/6/7 (subject to major choice)	15 points
Minor courses	60 points
BBus Minor – complete 60 points with at least 15 points at Level 7	60 points
Combined Capstone	60 points
SPMG701 Sport and Business Co-operative	60 points
Cross-credits from the BSR	60 points
	360 points

BBus Majors

Accounting
Economics
Finance
Human Resource Management and Employment Relations
Information Systems
International Business and Strategy
Management and Leadership
Marketing