

SPORT & RECREATION

AUT

TE WĀNANGA ARONUI
O TĀMAKI MAKAU RAU

SPORT & RECREATION

UNDERGRADUATE PROGRAMME GUIDE
2026



TOP 100
WORLDWIDE
Young University

AUCKLAND
UNIVERSITY
OF TECHNOLOGY

Nau mai, haere mai ki AUT WELCOME TO AUT

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

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

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

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

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

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

Cover

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

Disclaimer: Although every reasonable effort is made to ensure accuracy, the information in this document is provided as a general guide only for students and is subject to change. All students enrolling at AUT should consult its official document, the AUT Calendar, which is available online at aut.ac.nz/calendar, to ensure that they are aware of, and comply with, all regulations, requirements and policies. The information contained in this programme guide was correct at the time of print, December 2024.

Image on page 15 by Jasmx

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

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



1 2



3 4



1 AUT Millennium is a world-class sports training and research facility 2 AUT is one of New Zealand's top universities for sport science 3 You can also study all sport programmes at AUT South Campus in Manukau 4 Enjoy smaller class sizes at our North Campus

New Zealand's leading modern university

AUT is proud to be one of the world's best modern universities. We're ranked in the top 28 in the world by the prestigious world university rankings organisation QS and 49th globally by the Shanghai Ranking (Academic Ranking of World Universities); making us one of the leading universities in the world for sport science. Study sport and recreation with us and you'll join New Zealand's most diverse and vibrant university, and develop the skills for rewarding careers in a wide range of industries and professions. AUT is where talent meets opportunity, and we love seeing so many of our graduates shape successful careers, whether they now work with elite athletes, manage events, help people make healthier lifestyle choices, conduct groundbreaking research or run their own business.

Preparing you for the future

At AUT you develop more than a sound understanding of sport and recreation; you'll also graduate with valuable practical experience that sets you apart from graduates from other universities. We're proud to offer our students exceptional learning experiences that prepare them to be successful wherever in the world their career may take them. Across all of our programmes, we encourage innovation and entrepreneurship, and the ability to explore new technologies, challenge routine thinking and solve problems in new ways. Workplace experience is at the heart of the Bachelor of Sport, Exercise and Health, and thanks to our ever-growing industry connections you can choose from a vast number of host organisations for your placement. For many students the workplace experience also opens the door to their very first job. Your degree can be as unique as you are - you can include subjects from across AUT and tailor your studies to your interests.

An innovative learning environment

Our university campuses feature modern buildings that don't just win architecture awards but also offer excellent environments where you can collaborate with your classmates and develop skills that help you stand out in your future career. We're proud of our five-star ranking for teaching and facilities, awarded by the world university rankings organisation QS. Our state-of-the-art buildings were created using sustainable principles and offer inviting lecture theatres, auditoriums and research spaces. While you're on campus, don't forget to join us for Hākinakina Connect where you can take part in fun sports, physical activities, games and challenges; chat to your tutors and lecturers in a relaxed setting, and build strong connections with your classmates and the sport and recreation whānau. As a sport and recreation student, you could also find yourself at AUT Millennium, New Zealand's top sport and fitness facility and home of the Sports Performance Research Institute New Zealand (SPRINZ).

Research that shapes tomorrow

Our research is focused on real-world impact, and we're proud of our reputation as a leading research university. Our sport and recreation researchers work at AUT Millennium, helping athletes perform at the very top of their ability and exploring new ways to improve sport and health. Our discoveries are widely used, both in New Zealand and around the world. As an AUT student you could learn from globally renowned researchers who are experts in areas as diverse as sport and exercise science, leadership and management, and health and physical education. Their research often feeds back into the classroom, and you may even be able to contribute to these research discoveries.

Oranga Taurira STUDENT LIFE

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

The best start for your uni journey

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

Student Hub

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

Your home away from home

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

Your place for support

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

Achieve your academic goals

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

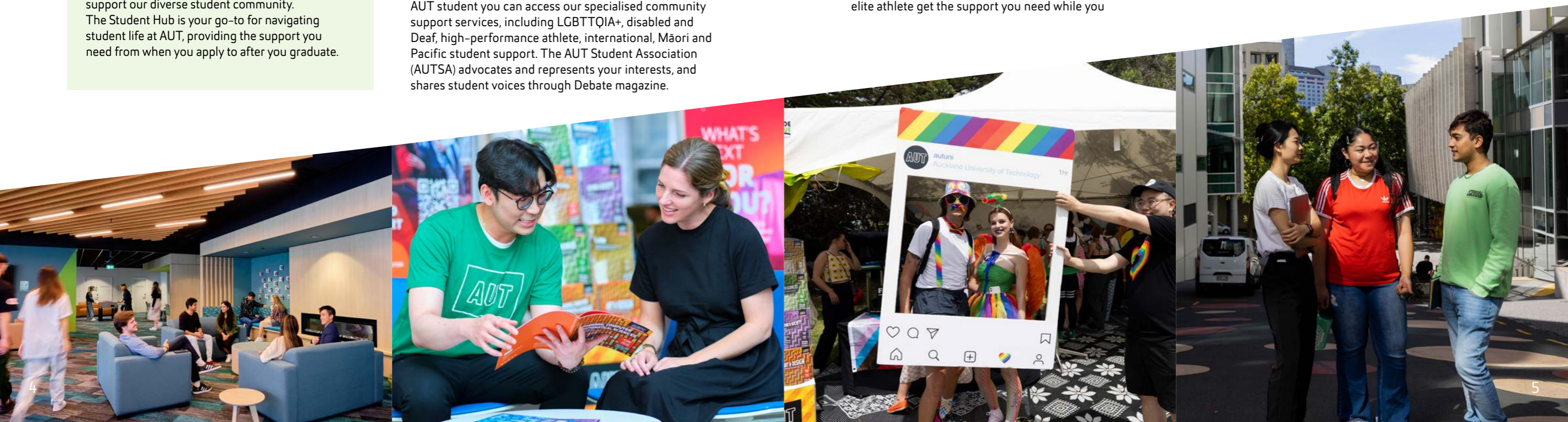
A vibrant uni experience

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

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

Beyond learning and into employability

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



Bachelor of Sport, Exercise and Health

Overview

BSEH | AK3521

QUICK FACTS

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

Explore the role sport, exercise and healthy living plays in addressing global challenges, and learn how to create sustainable solutions to improve the wellbeing of people and communities. Our courses honour mātauranga Māori and Te Tiriti o Waitangi, and will help you develop a sound understanding of sport, movement, leadership, physical education, health and exercise science. With access to world-class sport facilities, high achieving academic staff and valuable workplace experience, you'll be ready to start your career running.

Entry requirements

Minimum entry requirements

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

Useful New Zealand school subjects

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

English language requirements

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

Don't meet the entry requirements?

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

What this qualification covers

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

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

Core courses (120 points)

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

Your chosen major (120 points)

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

Flexible component (120 points)

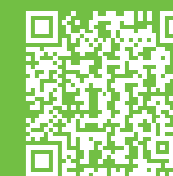
You can choose one of the following options:

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

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

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

Core courses PTS: Points



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



"My favourite high school subjects were always P.E. and sport science. I wanted to keep doing this. I didn't know exactly what career I wanted but I knew it had to be in the sports industry. When I was looking into my university study options, I chose AUT because I had heard that it has a very practical sport and recreation programme, and that it's pretty social. It was great to experience uni life with my friends who also love sport. Getting to know my lecturers and other staff has also been such a big part of uni life – they're always friendly and have been supportive."

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

1. Not all courses are offered at the South Campus

Bachelor of Sport, Exercise and Health

Overview continued

Majors

You can choose one of these majors:

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

Refer to pages 10 to 12 for more detail.

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

Minors

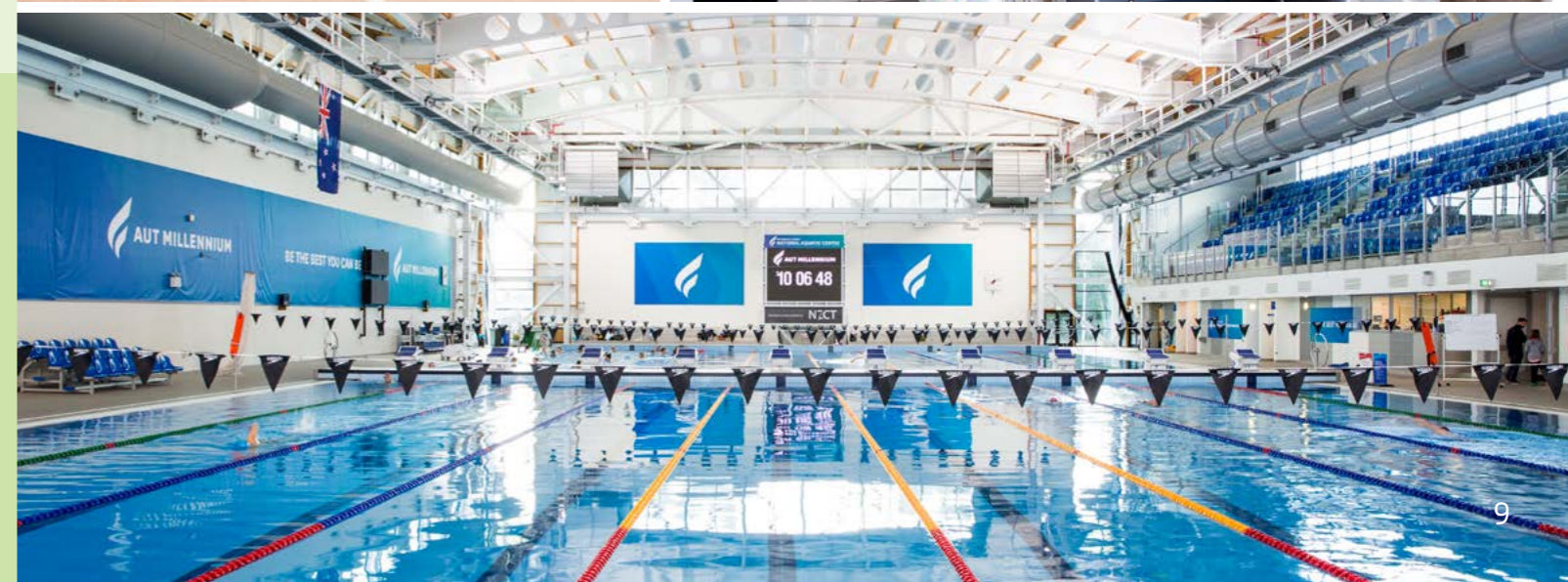
A minor is smaller than a major. It usually consists of four courses. If you decide to include a minor in your degree, you could choose from:

- Health and Physical Education
- Nutrition and Physical Activity
- Outdoor Learning
- Sport and Exercise Science
- Sport Interdisciplinary Practice
- Sport Leadership and Management
- Sport Performance Science
- Youth Development and Coaching

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



1 The Health and Physical Education major provides a great introduction to the role of sport, health and physical activity in education settings 2 AUT North Campus offers plenty of wide open spaces for socialising, studying or working out 3 Enjoy learning in a collaborative environment with classmates 4 Our researchers work on key national projects at AUT Millennium 5 The AUT Sports Performance Research Institute New Zealand (SPRINZ) has internationally renowned experts and research groups 6 AUT Millennium is a world-class facility with two 50-metre Olympic-size swimming pools



Build your degree on our website

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

Possible combinations include:

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

Bachelor of Sport, Exercise and Health Health and Physical Education

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



You'll develop an understanding of the role of sport, health and physical activity in educational settings, including how to design innovative learning experiences, develop inclusive teaching skills, and critical thinking.

What this major covers

YEAR 1

You'll develop foundational knowledge for the sport, health and exercise sector as well as skills in academic writing, critical thinking and the presentation of ideas. You'll also be introduced to the role of sport, health and physical activity in education settings, participate in practical movement workshops, and start to take the first courses from your second major, minor(s) or elective courses.

YEAR 2

You'll build on the foundations you've laid in Year 1, and will explore how biomechanics, society and culture, and te ao Māori relate to health and physical education. You'll also continue to participate in practical workshops and take courses from your second major, minor(s) or elective courses.

YEAR 3

You'll further your understanding of teaching and learning in health and physical education, and other learning environments, and take the final courses related to your second major, minor(s) or elective courses. In your final semester you'll complete workplace experience where you can apply what you've learnt in a workplace related to your studies. Recent placements covered a wide range of schools, including Rangitoto College, Manurewa High School and Northcross Intermediate.

Career opportunities

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

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



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

Arana Rakena

Ngāpuhi

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

Bachelor of Sport, Exercise and Health Sport and Exercise Science

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



Enhance human performance through the study of biomechanics, physiology, exercise and health assessment. You'll develop expertise in the assessment of an individual's health and exercise tolerance, and how to prescribe appropriate exercise programmes. This major has a strong connection to the AUT Sports Performance Research Institute NZ (SPRINZ).

What this major covers

YEAR 1

You'll become familiar with applied anatomy and physiology, and the factors that influence human performance and start to take the first courses from your second major, minor(s) or elective courses. You'll also develop foundational knowledge for the sport, health and exercise sector as well as skills in academic writing, critical thinking and the presentation of ideas.

YEAR 2

You'll further your understanding of sports biomechanics, exercise physiology, nutrition, sports psychology, and other factors that impact human movement during sport and exercise. These courses help you become familiar with the most effective training and performance methods. You'll also continue to take courses from your second major, minor(s) or elective courses.

YEAR 3

You'll advance your ability to create sport and exercise programmes to help athletes and teams perform at their best, with a strong emphasis on applying your knowledge. You'll also take the final courses related to your second major, minor(s) or elective courses. In your final semester you'll complete workplace experience where you can apply what you've learnt in a workplace related to your studies. Recent placements included High Performance Sport New Zealand, AUT Millennium, Auckland Cricket, Auckland Rugby, Counties Rugby, Les Mills, New Zealand Breakers, New Zealand Police, New Zealand Rugby League, North Harbour Rugby, Northern Mystics Netball and YMCA.

Career opportunities

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



"If you have a passion for the sport sector and are motivated to take your knowledge and practical experience to the next level, AUT is the place for you. Students can easily engage with staff and have meaningful discussions about assessments, internships, thought-provoking research or new avenues for learning. The welcoming nature and positive learning environment that provides a pathway for students to become great graduates is a true credit of AUT's proactive culture. The workplace experience as part of my bachelor's degree was one of the highlights. Having the opportunity to work within national sporting organisations and teams gave me a platform to apply the knowledge I gained in the classroom and refine it in a high-performance sporting context."

Joshua Pereira

Implementation Consultant (Asia-Pacific), Hudl, Sydney
Bachelor of Sport and Recreation (Honours)
Bachelor of Sport and Recreation in Sport and Exercise Science

Bachelor of Sport, Exercise and Health Sport Leadership and Management

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



The sport sector isn't like a traditional business; neither are the leadership and management skills needed to succeed in this area. In this major you'll develop skills across leadership, management, marketing, facilities and events management, law and finance; all with a focus on how it applies to the sport, health and exercise sector.

What this major covers

YEAR 1

You'll develop foundational knowledge for the sport, health and exercise sector as well as skills in academic writing, critical thinking and the presentation of ideas. You'll also explore key concepts in sport management and marketing, find out how sport can contribute to social change, and start to take the first courses from your second major, minor(s) or elective courses.

YEAR 2

You'll become familiar with sport events and entrepreneurship, sport finance, law and ethics, digital multimedia strategies and more advanced marketing topics. You'll also explore how mātauranga Māori contributes to the sport, exercise and health sectors. You'll continue to take courses from your second major, minor(s) or elective courses.

YEAR 3

You'll focus on advanced strategies and learn about leadership styles that work well in Aotearoa New Zealand, and take the final courses related to your second major, minor(s) or elective courses. In your final semester you'll complete workplace experience where you can apply what you've learnt in a workplace related to your studies. Recent placements included Athletics New Zealand, Halberg Disability Sport Foundation, Harbour Sport, Hockey New Zealand, New Zealand Breakers, New Zealand Cricket, New Zealand Rugby League, New Zealand Rugby Union, Nike NZ and Triathlon New Zealand.

Career opportunities

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



"Some of the highlights of my time at AUT were the people I met in this degree and around campus, and getting the opportunity to work directly in the sports industry in my final year. I loved that many of the assessments were based on working through realistic problems in the sports industry. In my role now, I enjoy the buzz and adrenaline leading into a game day or event, including NRL home games, awards night and our newly established corporate network 'Warriors in Business' events. Being able to put a smile on 25,000 fans' faces every game day is my favourite part of the job and it never gets old."

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

Certificate in Sport and Recreation

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



Grab your opportunity to gain skills and knowledge for further study or your future career with this qualification. The Certificate in Sport and Recreation is for Year 13 students who didn't get UE at school and want to prepare themselves to move into the Bachelor of Sport, Exercise and Health. You build your academic writing, communication, computer literacy and time management skills, and develop an understanding of coaching, goal setting and teamwork.

Entry requirements

Minimum entry requirements

- Completion of Year 13

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

English language requirements

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

What this qualification covers

You need to complete four courses which cover health, wellbeing, business, coaching, sport, exercise and fitness.

Offered via lectures and workshops, these courses help you build your academic writing, communication, computer literacy and time management skills, and an understanding of coaching, goal setting and teamwork.

Further study

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

CertSR | AK3761

QUICK FACTS

Level	4
Points	60
Duration	½ year full-time, part-time available
Campus	North & South
Starts	23 Feb 2026



"Deciding to study sport and recreation stems from my passion for physical activity, and a desire to promote health and wellness. It's a great way to combine my personal interests with a career that fosters wellbeing and engagement in sports and recreation. I was drawn to this field because I want to work in environments that encourage active lifestyles, whether through coaching, fitness training or community programmes. I'm driven by the idea of helping players reach their full potential, both on and off the field. The Certificate in Sport and Recreation was my first semester of university and I made a lot of friends, which essentially meant that our class was fun. In addition, the teachers were incredibly friendly to everyone."

Riku Aupouri
Te Aitanga-a-Mahaki, Ngāti Wāhia
1st-year student, Bachelor of Sport
and Recreation
Certificate in Sport and Recreation

Graduate Diploma in Sport and Exercise

Graduate Certificate in Sport and Exercise



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

Interested in sport and recreation but don't want to commit to a three-year degree? If you have a degree in another field or considerable professional experience in sport, recreation or health and want to gain a further qualification, these programmes are for you. Both programmes are an effective option for personal and professional development, particularly for those looking for a pathway into the sport and recreation industry.

The School of Sport and Recreation is home to experts in coaching, exercise science and nutrition, health and physical education, leadership and management, and outdoor education. You learn from expert academic staff and can choose from a wide range of courses from the Bachelor of Sport, Exercise and Health. We will guide you in your choice of suitable courses.

Entry requirements

Minimum entry requirements

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

English language requirements

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

What these qualifications cover

Graduate diploma

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

Graduate certificate

You must complete at least 60 points, including 45 points from level 7 Bachelor of Sport, Exercise and Health courses. Depending on your existing knowledge and interest areas, you may have to take additional courses to meet prerequisite requirements for specific pathways.

Further study

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

Graduate Diploma in Sport and Exercise

GradDipSp&Ex | AK1032

QUICK FACTS

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

Graduate Certificate in Sport and Exercise

GradCertSp&Ex | AK1031

QUICK FACTS

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



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

Overview of postgraduate qualifications



Scan this QR code for more details about postgraduate programmes.

AUT is Aotearoa New Zealand's fastest growing postgraduate study destination. We offer a wide range of postgraduate programmes – from honours degrees to doctorates – to help you achieve your goals and progress your career in sport. Our world-leading academics are research-active experts at the forefront of their disciplines, and our 60+ research centres, institutes and networks give you access to transformational research projects.

Bachelor of Sport and Recreation (Honours)

Want to take your career in sport and recreation further? The Bachelor of Sport and Recreation (Honours) is aimed at high-achieving students in the Bachelor of Sport, Exercise and Health who want to advance their skills. Research skills are highly valued in the sport and recreation sector and this programme can lead to a range of exciting careers. It can also serve as a direct pathway into the PhD.

Postgraduate Certificate in Sport, Exercise and Health

Further your understanding of the sport sector in as little as one semester. Choose from a wide range of courses in coach and athlete development, outdoor learning, physical activity and nutrition, sport leadership and management, health and physical education, sport data analytics, and strength and conditioning. A mix of online and on-campus block courses, this programme can be a pathway into the master's degree.

Master of Sport, Exercise and Health

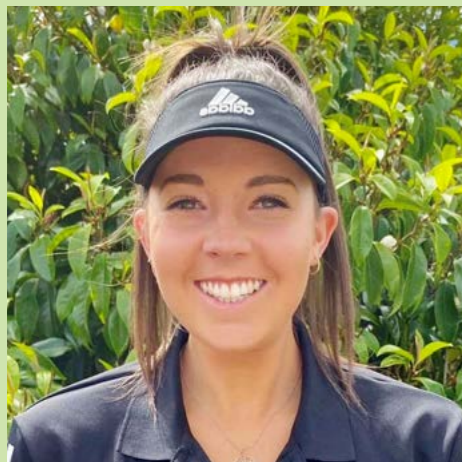
Advance your knowledge of the sport industry, and be involved in world-leading research in sport, exercise and health. You can specialise in coach and athlete development, outdoor learning, physical activity and nutrition, sport leadership and management, health and physical education, sport data analytics, or strength and conditioning. You research a topic of interest for your dissertation or thesis. This programme is offered as a mix of online and on-campus block courses.

Master of Philosophy

The Master of Philosophy is a one-year research-only master's degree. You undertake a research project of your interest under the supervision of sport and recreation staff. It can also serve as a pathway to more advanced research at doctoral level.

Doctor of Philosophy

This thesis-based research degree leads to advanced academic and theoretical knowledge in a specialist area. You can make an original contribution to knowledge or understanding in the field of sport and recreation, and meet recognised international standards for such work. You work closely with a supervisor to prepare a thesis, which is then examined by independent experts applying contemporary international standards.



"Studying the Master of Sport, Exercise and Health was an awesome experience, and I got to challenge myself to study courses outside the sport and exercise science domain. I've specifically used this postgrad opportunity to enhance my understanding around sport pedagogy, skill acquisition and quantitative research to add to my current skillset. For my master's degree research, I decided to focus on quantifying and analysing contact workload in professional rugby union. I loved how personable AUT makes your university experience. It's not an intimidating environment and the learning spaces each lecturer creates are welcoming and relatable."

Jess Chittenden

Head Performance Analyst, Black Ferns Sevens
Master of Sport, Exercise and Health
Bachelor of Sport and Recreation in Sport and Exercise Science



"During the workplace experience in the third year of my bachelor's degree, I was placed in the SPRINZ biomechanics lab and research team where I got a real taste for what research was like as a pathway for study and career. I was able to involve myself in the many projects taking place at SPRINZ and I loved it. After that, I applied for my master's degree and am now doing my PhD where I'm investigating the effect of nutritional interventions to mitigate sleep deprivation and the impact on endurance performance training profiles."

Hannah Tiedt

Doctor of Philosophy candidate
Master of Sport, Exercise and Health in Strength and Conditioning with Distinction
Bachelor of Sport and Recreation in Exercise Science and Nutrition & Sport and Exercise Science



University admission to AUT bachelor's degrees

University admission to AUT bachelor's degrees

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

Admission categories

You may be granted University Entrance under:

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

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

English language requirements

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

International students

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

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

UniPrep programme

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

Visit aut.ac.nz/uniprep

NCEA university entrance

You must achieve all of the below

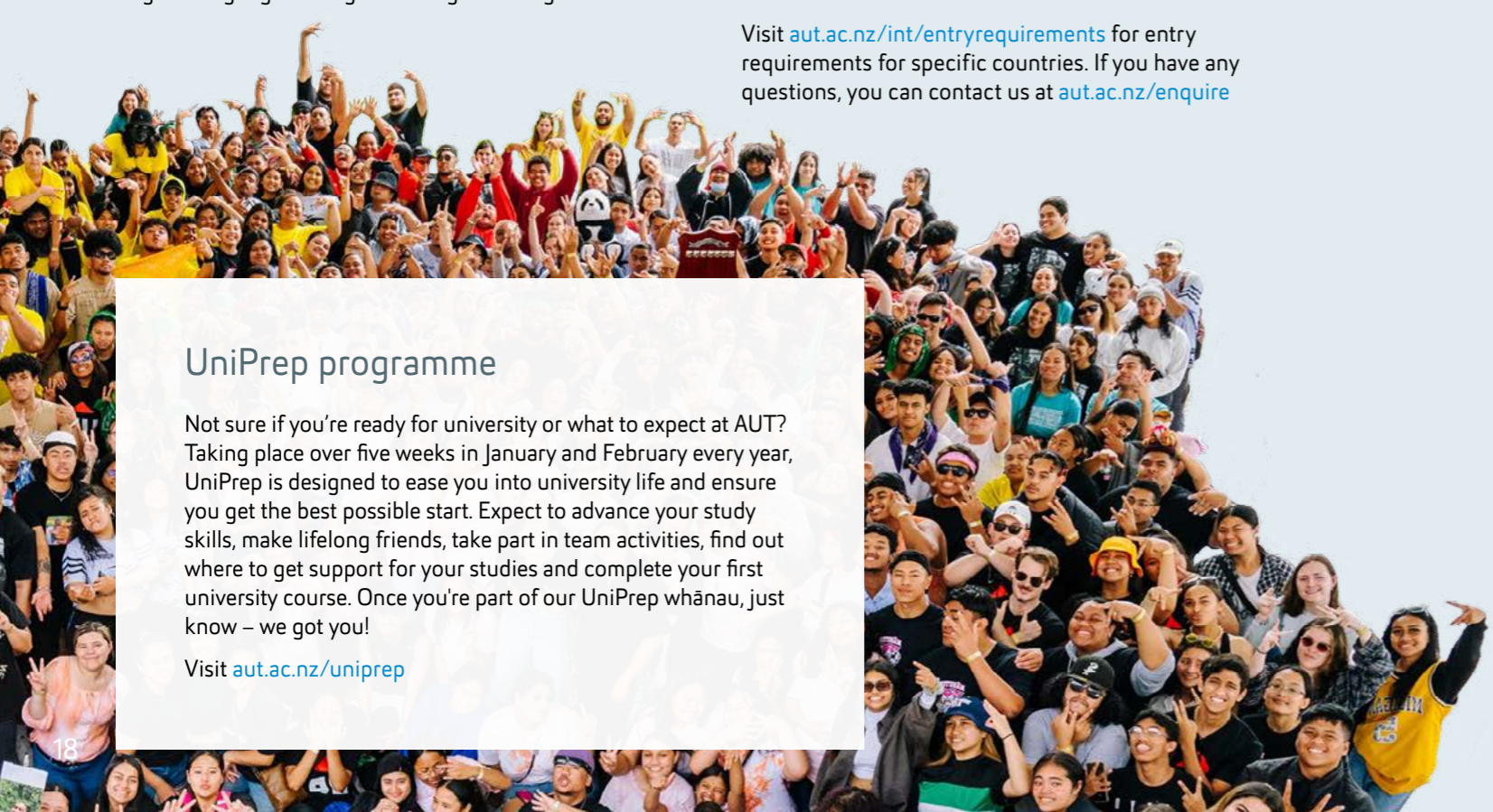
Level 3 (60 credits)	UE Literacy	Numeracy
<p>Within the 60 credits, you need to at least achieve the below</p> <ul style="list-style-type: none"> 14 credits in approved subject 1 14 credits in approved subject 2 14 credits in approved subject 3 18 credits from any Level 3 standards 	<ul style="list-style-type: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

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

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

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

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



Ngā utu whakauru, ngā karahipi FEES & SCHOLARSHIPS

Cost is an important factor when thinking about university study. This page gives you an idea of the approximate tuition fees at AUT, and different options to help you fund your education including scholarships, student loans and allowances.

To give you an idea of approximate costs, the 2025 tuition fees are shown below (based on full-time study and completing 120 points per year). All fees are in NZ dollars and include GST. The 2026 tuition fees will be advertised on aut.ac.nz/fees as soon as they have been set.

You may also need to pay additional fees for course materials or elective courses (check with your faculty if there are additional fees for your programme).

Domestic student tuition fees

Undergraduate programmes

Fee (per year): \$4,189 (for 60 points) – \$11,452 (for 120 points)¹
(\$3,593–\$10,260 tuition fees + \$596–\$1,192 student services levy)

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

International student tuition fees

Undergraduate programmes

Fee (per year): \$17,696 (for 60 points) – \$41,692 (for 120 points)
(\$17,100–\$40,500 tuition fees + \$596–\$1,192 student services levy)

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

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

Student loans and allowances¹

If you're a full-time domestic student, you may qualify for a student loan or allowance. Student loans and allowances are administered and paid by StudyLink. The application process can take some time, so it's a good idea to apply early. You can apply for a student loan or student allowance before your enrolment at AUT is complete.

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

Free fees for your university study¹

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

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

Financial assistance

We know that sometimes things happen and financial stress can impact your academic success. That's why we offer financial support that ranges from offering grocery or fuel vouchers, to helping with that unexpected bill.

StudyLink

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

Scholarships and awards

Scholarships and awards are a great way to fund your university study. There is a wide range of scholarships and awards available to AUT students at all stages of their study including the Welcome to Auckland scholarship and Find Your Greatness scholarship (details below).

Visit the scholarships website for a full current list of scholarships offered by AUT and external funders, as well as application forms and closing dates. You can also contact AUT's Scholarships Office for advice on scholarships, awards and the scholarship application process.

AUT Welcome to Auckland Scholarships

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

AUT Find Your Greatness Scholarships – School Leaver

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

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

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

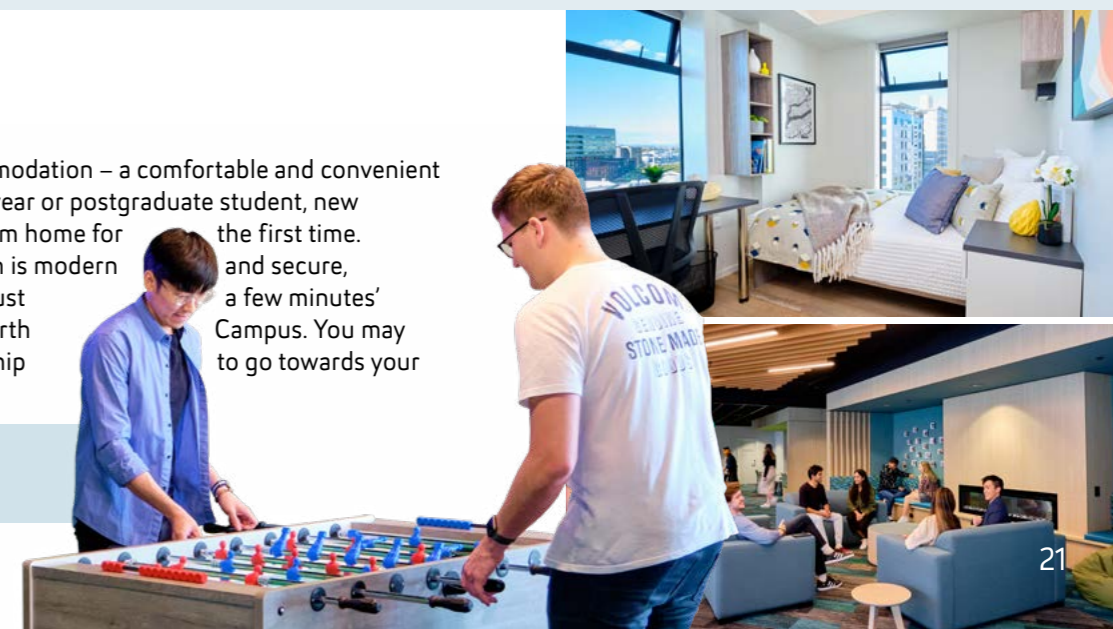
Applicants will be considered in all categories for which they are eligible.

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

Accommodation

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

Visit aut.ac.nz/accommodation



He pēhea te tono

HOW TO APPLY

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

1 APPLY EARLY

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

APPLYING FOR 2026

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

2 COMPLETE THE APPLICATION FORM

- Apply online
- Indicate your programme(s) of choice and major (if known)

International students can also apply using an AUT approved international agent. For a list of AUT registered agents visit aut.ac.nz/international-agents

SUBMIT YOUR APPLICATION

WE ACKNOWLEDGE YOUR APPLICATION

- We will send you an acknowledgment email, which explains how to check the status of your application
- We will contact you if we need more information

WE ASSESS YOUR APPLICATION

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

POSSIBLE OUTCOMES

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

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

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

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

3 ACCEPT YOUR OFFER

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

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

Ready to apply?
apply.aut.ac.nz

Ētahi atu kōrero
FIND OUT MORE



aut.ac.nz

Need some help?

Visit aut.ac.nz/enquire, ask us your question and we'll call you back. Or you can phone **0800 AUT AUT** (0800 288 288) to speak to one of our friendly advisors. We can help with any questions you may have, and you could also book a course counselling session or a campus tour.

Campuses

City Campus
55 Wellesley Street East, Auckland Central

North Campus
90 Akoranga Drive, Northcote, Auckland

South Campus
640 Great South Road, Manukau, Auckland

Connect with us now:



AUT LIVE

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

aut.ac.nz/live



AUT

0800 AUT AUT (0800 288 288)

Auckland University of Technology

Auckland, New Zealand

aut.ac.nz

Enquire now

aut.ac.nz/enquire

Connect with us now:



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