



Sport, Health and Physical Education

BSportHPE

Why a BSportHPE?

Stretch your skills, flex your knowledge and kick-start your career!

Move forward with your passion for the sporting world and become empowered to make a difference in the lives of others. Combine your academic knowledge with hands-on experience and take advantage of our state-of-the-art rec centre, Hiwa!

Career possibilities

Make a difference on health issues, wellbeing, and social justice in our communities. Our graduates have become sport coaches, teachers, programme coordinators, community educators, trainers, and so much more. Fuel your passion and take the next step to becoming a leader and innovator!

“My degree allowed me to identify my passions and the new possibilities that are available within the industry.

“My studies have set me up to thrive in a modern and progressive setting, where I am able to follow my passion for working in the ever-growing sporting world.”



KENNEDY LIMPUS

West Auckland Rugby Delivery Lead, Auckland Rugby

Graduate: Bachelor of Sport, Health and Physical Education / Bachelor of Commerce conjoint

“In the first six weeks of the programme, I teach a course that aims to build relationships, trust, and problem-solving skills. Once the ice is broken, I love the enthusiasm and willingness of students to take an active role in their own learning and the genuine connections they build with each other.”

ROD PHILPOT

Senior Lecturer, Programme Director



Build your expertise in one of our key specialisations including Population Health, Exercise Sciences, and Dance. You will make the most of our leading facilities like Hiwa, our new Recreation Centre, where some classes are held. You will gain immersive industry experience, and engage with the community through intuitive learning in and out of the classroom.



STAGE 1 COURSE*

EXERSCI 100G – Exercise and Fitness: Myths and Reality

An introduction to the principles of physical exercise, with a focus on understanding how the body moves and responds to exercise, how performance can be measured, and how fitness can be developed and maintained to optimise health. Particular emphasis is placed on the debunking of common myths about exercise and offering evidence-based advice on the benefits of appropriate physical activity.

STAGE 2 COURSE*

SPORTHPE 203 – Physiology, Exercise, Fitness

Develop knowledge and understanding of exercise physiology. Examine physiological responses during and as a result of exercise. Examine the nature and purpose of deliberate exercise and fitness programmes. Explore the pedagogy of teaching exercise and fitness.

STAGE 3 COURSE*

SPORT 305 – Sport Media and Marketing

Explore the roles and consequences of media representations of sport and physicality. Develop knowledge of the discourses that influence how sport, the body, and health are understood. Develop skills in marketing communications used to promote sport and physical wellbeing. Investigate issues emerging from the use of social media by sporting organisations, groups and individuals.



Get excited about your course options:

- Biophysical Foundations
- Food and Education
- Health, Fitness and Culture
- Making a Difference in Sport



Available conjoint:

- Bachelor of Commerce

BSportHPE students receive free membership to Hiwa, our new recreation Centre.

**Course availability may be subject to change. For a full list of courses and up-to-date information visit our website. Published June 2025.*

“The best part of my programme is learning in Hiwa, it really brings the theories of sport to life. The space is amazing and I can work out and hang here after my studies finish too.”

MAISIE LONGBOTTOM

Student: Bachelor of Sport, Health and Physical Education
/ Bachelor of Commerce conjoint

