



For more information contact our undergraduate advisor: Angus McMorland | [ugadvice-exercise@auckland.ac.nz](mailto:ugadvice-exercise@auckland.ac.nz)

## BSc in Exercise Sciences (3 years)



## Year 1: Foundations



Systems physiology



Human anatomy



Exercise prescription

## Year 2: Core knowledge and skills – focus on healthy individuals

**Major:** 3 of 4 core subjects | **AESS specialisation:** All 6 subjects



Biomechanics



Movement  
neuroscience



Exercise  
physiology



Sport/exercise  
psychology



Option:  
Exercise nutrition



Practicum

## Year 3: Advanced and independent learning – focus on special populations



Advanced work in  
core subjects



Advanced practicum



Capstone



Option: Research project