

For more information contact our undergraduate advisor: Angus McMorland | ugadvice-exercise@auckland.ac.nz

# **BSc in Exercise Sciences (3 years)**

#### **Scientist**

Do a BSc (Hons) or MSc in Exercise Sciences with us

Tertiary education

Research and development

High performance sports and rehabilitation

Human factors in industry

## **Exercise Specialist**

Get accredited from your BSc training and/or do an MSc with us

Human factors in industry

Exercise physiologist

Sports psychologist

Personal trainer/coach

### Clinical Exercise Psychologist

Do an MSc in Exercise Physiology with us

Hospital

**Exercise Rehabilitation Clinic** 

### **Physiotherapist**

Do a Master of Physiotherapy Practice with us

Hospital

Physiotherapy clinic

Sports teams

#### **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