



THE UNIVERSITY
OF AUCKLAND
NEWMARKET

Newmarket
Campus



Mātai Kori Tinana Undergraduate Exercise Sciences

Are you fascinated by what influences human performance in exercise, sport and the workplace?

What you will learn

Exercise scientists study the mind, muscle, mechanics and metabolism of the moving human body and the role of exercise in human health.

Studying Exercise Sciences will facilitate skills for lifelong learning, critical and analytical thinking, communication, independence, collaboration and intellectual curiosity.

In laboratory classes you will develop hands-on skills in interacting with human participants and the processes of experimentation.

You will develop an understanding of how the body moves, how it responds to physical activity (and inactivity), how fitness levels can be tested and adapted, and the connections between physical activity and health.

If you're interested in studying Exercise Sciences with us, it would be beneficial to have studied high school biology or human biology. Chemistry, physics, calculus, statistics and physical education also provide helpful background knowledge.

Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

Complementary majors include:

Biological Sciences

Chemistry

Physics

Physiology

Psychology

Statistics



SCIENCE

No.1
New Zealand
University¹

**Our subject
is ranked**
32=
in the world²

**Conjoint a
BSc to study**
2
degrees at once

¹QS World University Rankings 2022 / ²QS World University Rankings by Subject 2022

Career opportunities

An important discipline for everyday life

Exercise Sciences is an important discipline that relates to all aspects of our everyday life. Our courses cover human anatomy, exercise physiology, biomechanics, exercise prescription, exercise and sports psychology, and movement neuroscience.

There is a growing demand for people who can not only research and analyse performance techniques, but can work as allied health professionals to optimise human performance to improve general health and wellbeing through exercise.

As a graduate you will be prepared for a career in exercise science, high-performance sport, sports science, health and wellness, physical fitness, and movement science.

This degree provides the perfect pathway to further study in order to pursue a career in physiotherapy and clinical exercise physiology.

Jobs related to Exercise Sciences:

- Exercise scientist
- Sport scientist (consultant in biomechanics, exercise, nutrition, physiology)
- Corporate exercise specialist
- Human movement scientist
- Injury prevention consultant
- Sport and fitness practitioner
- Community sport facilitator
- Group fitness leader
- Respiratory physiologist
- Clinical exercise physiologist
- Cardiac physiologist
- Physiotherapist

What you can study:

Human anatomy

Exercise physiology

Biomechanics

Exercise prescription

Sport and exercise psychology

Movement neuroscience

Find out more

about how your degree will be structured
and what courses you need to take at

science.auckland.ac.nz/ug-exercise-sci



“Growing up I was always very active in playing sports and dancing ballet. My love for the human body came from ballet. It taught me which muscles are used in a movement, and how to improve a movement by understanding how the body works.

“I was driven to carry on learning about the human body, so I enrolled in a Bachelor of Exercise Sciences, hoping to apply it to both exercise and the treatment of people living with chronic conditions and disease.

“I chose the University of Auckland because it has a great reputation, and Auckland was only a few hours away from where I grew up in Rotorua. The programme also offers a lot of practical experience with the benefit of working with patients in our clinic.

Sasha Douglas

PG Dip in Clinical Exercise Physiology.



Read Sasha's full story at: science.auckland.ac.nz/sasha-douglas

**Kuhua ki tō mātou
hāpori, ā, Kimihia
tōu Pūtaiao.**

*Join our community
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Applications close on 8 December.

Explore and discover



science.auckland.ac.nz/ug-exercise-sci

Have any questions?
Contact the Student Hub

auckland.ac.nz/student-hubs





Mātai Matawhenua Undergraduate Geography

Geographers ask questions about society and the environment. They study the natural processes of the physical environment, as well as the activities and consequences of humans in this environment.

What you will learn

Geography is exciting and relevant. You'll enjoy Geography if you're interested in the worlds around you and want to make a positive difference. Geography addresses a wide range of contemporary challenges such as: climate change and sea-level rise, dirty rivers, uneven economic development, sustainable communities, migration, housing and health policy, urban pollution, indigenous rights, and environmental management.

Geographers study places, human and physical interactions and the processes that shape those interactions. They explore why nations, regions, cities and communities develop differently in different settings, how landscapes are formed, how social, economic and natural landscapes are related, and how to make better worlds by responding effectively to human-environment problems.

Some geographers specialise in coastal, glacial or fluvial processes and landforms, climatology, biogeography, hydrology or environmental change. Others study regional economics, population change, the problems of rural or urban areas, or the experience of particular groups in society. Fieldwork is an important part of majoring in Geography – you'll undertake field trips to explore New Zealand's landscapes.

You don't have to have taken geography at high school to be able to study Geography with us. However, if you have taken high school geography you will have been introduced to some key concepts and skills, which you'll find beneficial. You'll also use written and oral communication skills in your Geography major, so high school English is a useful subject too.

Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

Complementary majors include:

- Biological Sciences
- Chemistry
- Computer Science
- Earth Sciences
- Environmental Science
- Psychology



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Career opportunities

A foundation for a host of occupations

Geography is exciting, challenging and relevant to today's world. Geographers study the natural processes of the physical environment, as well as the activities and consequences of humans in this environment.

A Geography degree gives graduates an edge. The skills you learn mean you can be found working in a wide range of occupations in an equally wide range of organisations. You might use your training directly in your workplace, or find the broad education and flexible skills are in high demand in the wider job market.

You may specialise in coastal, glacial or fluvial processes and landforms, climatology, biogeography, hydrology or environmental change. Or you could find yourself exploring the transformation of urban places, globalisation and

its effects, migration and population change, or issues of ethnicity and identity. You could also specialise in spatial analysis, bringing the power of geographic information science to bear on a wide range of research problems.

Our Geography graduates have been employed in the following jobs:

- Planning services, Beca Group
- Geospatial specialist, Auckland Council
- Sustainability and climate change team, PwC
- Coastal scientist, Tonkin + Taylor

Other positions and roles include:

- Policy and planning
- Environmental and resource management

What you can study:

Weather, wave, tide and river monitoring and analysis

Demographic and economic analysis

Mapping, cartography and geovisualisation

Analysis of soils and sediments

How to interpret physical and cultural landscapes

Find out more

about how your degree will be structured and what courses you need to take at

science.auckland.ac.nz/ug-geography

“Geography is such a fantastic subject in that it is broad and covers a wide range of courses from climatology to socio-economic change.”

Courtney Simpson

BA Geography, BSc (Hons) Geography,
MSc Environmental Management.



Read Courtney's full story at:
science.auckland.ac.nz/courtney-simpson



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Mātai Hinengaro Undergraduate Psychology

Are you fascinated by human behaviour? Do you wonder what motivates us? What about how we learn? Psychology is the study of the mind and behaviour and the University of Auckland is ranked first in New Zealand, and 42nd in the world², for this varied and intriguing subject.

What you will learn

As a Psychology student you'll investigate how people think, learn, perceive, feel, interact with one another, and understand themselves. You'll study different sources of Psychology knowledge, including learning from animal behaviour, and you'll learn how to gather and analyse observable and repeatable behavioural data, in the laboratory or out in the world.

You don't have to have taken any particular subject at high school in order to study Psychology with us. However, subjects that develop critical thinking and written communication skills, such as English and History, will be useful. It is also helpful to have science subjects such as biology and statistics as understanding the brain and analysis of data are important parts of Psychology.

Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

Complementary majors include:

- Anthropological Science
- Biological Science
- Chemistry
- Exercise Sciences
- Pharmacology
- Physiology



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Career opportunities

A fascinating subject

Many avenues open up to graduates with a degree in Psychology.

Building your knowledge about relationships, neuroscience, as well as human behaviour, thinking, reasoning, emotion, mental health, language development, perception and personality means you may have an advantage in the job market, due to your understanding of psychological theory and practice.

As a graduate, you may find a position in a business, health service, or in a research institute.

Your job could include developing psychological tests, statistical analyses, or surveys and questionnaires, as well as being involved in staff recruitment, personnel training and evaluation.

Our Psychology graduates have been employed in the following jobs:

- Talent consultant, Air New Zealand
- Dean of Formation, Uniting Mission and Education
- Psychologist, Department of Corrections
- Clinical Psychologist, Auckland District Health Board.
- Human resources coordinator, Auckland City Council
- Product owner: Speech Technology, Tomtom
- Creative programmes producer, The Edge

What you will study:

BSc

Social and cultural psychology

Neuroscience

Learning and development

Clinical psychology

Research methods and statistics

BAdvSci(Hons)

Research design

Psychology and gender

Forensic and community psychology

Brain imaging

Evolution and human behaviour

Find out more

about how your degree will be structured
and what courses you need to take at

science.auckland.ac.nz/ug-psychology

"I found that I loved to learn about why people do the things they do and how we can use this knowledge to understand people's everyday behaviours."

Jessie Houston

BSc in Psychology



Read Jessie's full story at:
science.auckland.ac.nz/jessie-houston



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science.auckland.ac.nz/ug-psychology

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