

# 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 measurement of human activity and performance.

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.

While there are no specific subjects required from high school to be eligible to study Exercise Science, chemistry, physics, calculus, statistics and physical education all provide helpful background knowledge.

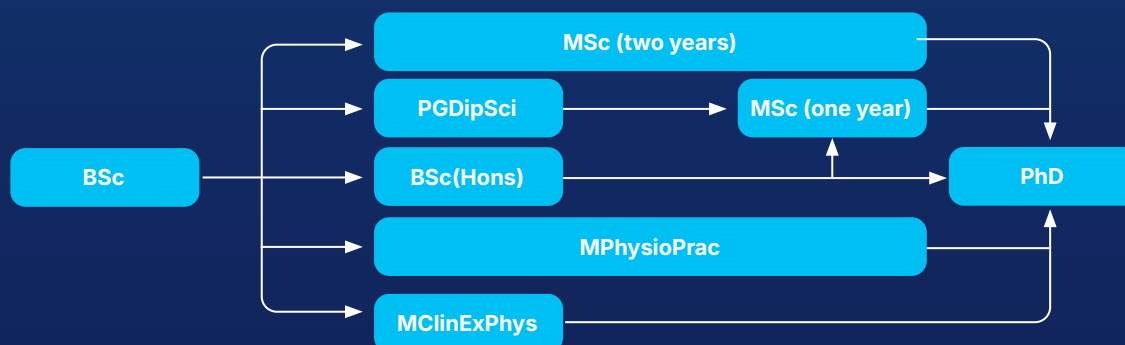
## Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. The Applied Exercise and Sport Sciences specialisation, which is the equivalent of two majors, is for students who want a career in the exercise sciences. It provides all the knowledge you need for international accreditation as an Exercise Specialist at the end of your BSc.

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



# 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 sport 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
- › 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

[auckland.ac.nz/science/ug-exercise-sci](https://auckland.ac.nz/science/ug-exercise-sci)

Applications close on 8 December.



"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 Science in Exercise Sciences, hoping to apply it to both exercise and the treatment of people living with chronic conditions and disease."

**Sasha Douglas**  
PG Dip in Clinical Exercise Physiology.

Kuhua ki tō mātou hāpori, ā, Kimihia tōu Pūtaiao.  
**Join our community and find your Science.**



Disclaimer: The information in this document is a general guide only for students and subject to alteration. All students enrolling at the University of Auckland must consult its official Calendar, to ensure that they are aware of and comply with all regulations, requirements and policies. [2025]

Have any questions?  
Contact the Student Hub

[auckland.ac.nz/student-hubs](https://auckland.ac.nz/student-hubs)