

Tohu Paerunga Mātai Whaiaroaro Kori ā-Haumanu Postgraduate Clinical Exercise Physiology



Clinical Exercise Physiologists (CEPs) are highly specialised allied health professionals who prescribe exercise and health behaviour interventions to improve functional capacity and promote physical activity in people living with chronic health conditions.

The Master of Clinical Exercise Physiology (MClinExPhys) combines theoretical and practical clinical courses to prepare you for entry into the clinical exercise physiology industry.

Postgraduate study in clinical exercise physiology concentrates on developing a strong core of theory-based coursework alongside practical skills. You will learn how to assess and critically analyse exercise and physical activity data to inform the development of effective exercise prescription. You will also complete at least 600 hours of hands-on, immersive work-integrated learning during your degree.

The programme is accredited by the Commission on Accreditation of Allied Health Education Programs. Graduates of the MClinExPhys are eligible to apply for accreditation from the American College of Sports Medicine.

You will have the opportunity to develop skills in:

- › Conducting clinical and exercise-related assessments for people living with chronic conditions
- › Evaluating elements of an exercise prescription to maximise outcomes to health

- › Independent supervision and monitoring of evidence-based exercise interventions
- › Communicating with clients, whānau, peers and staff and other members of a clinical team
- › Applying professional behaviour according to cultural, ethical and clinic standards expected by Te Tiriti o Waitangi and the Clinical Exercise Physiology profession in New Zealand

Find out more information about this international accreditation from the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and the American College of Sports Medicine websites.

Scholarships

You can apply for a range of scholarships when you apply for postgraduate study in Science.

auckland.ac.nz/science-scholarships



Career opportunities

As New Zealand's population grows, our health and care services must expand, too. This, coupled with the pressures of the modern lifestyle that so many of us face, makes clinical exercise physiology an essential and rewarding career choice.

A Clinical Exercise Physiologist can assist in the maintenance of life-long functional independence in people living with chronic health conditions through patient education, behaviour change and primary and secondary prevention strategies.

Clinical Exercise Physiologists can be found working in hospitals, clinics, fitness centres and sporting bodies, or in private practice as primary contact allied health professionals.

Our Statistics graduates have been employed in the following jobs:

- › Exercise physiologist, Piedmont Fayette Fitness Centre
- › Health consultant, Life Care Consultants Ltd
- › Emergency assistance coordinator, First assistance Rescue and Emergency
- › Respiratory physiologist, Counties Manukau
- › Clinic manager, ExerScience Clinic

This subject is available in:

- › Master of Science
- › Master of Clinical Exercise Physiology
- › Doctor of Philosophy

You may also be interested in our programmes in Exercise Sciences.



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

auckland.ac.nz/science/pg-cep

Applications close on 1 November.



"The clinical placement shifts in the Health and Rehabilitation Clinic has been the most valuable experience for my learning. Each day is different; from initial consultations to exercise testing and prescription, each new situation I am presented with provides an opportunity to build upon my skills and apply my clinical knowledge in a practical setting. Working with and providing individualised rehabilitative care that positively impacts our patients has been highly rewarding."

Isabella Fogarty
Master of 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. [2026]

Have any questions?
Contact the Student Hub

auckland.ac.nz/student-hubs