

Tohu Paerunga Pūtaiao Kori Postgraduate Exercise Sciences



Postgraduate study in Exercise Sciences provides you with the opportunity to achieve an advanced level of knowledge in a range of areas relevant to exercise, sport, health and rehabilitation sciences.

Our various programme offerings allow you to pursue your interests in Exercise Sciences and to become an exercise scientist working in industry, health or sport, or to prepare yourself for further Doctoral study.

Areas of specialisation include:

- › Exercise physiology and metabolism
- › Biomechanics and computational movement science
- › Movement neuroscience and motor control
- › Exercise and performance psychology
- › Clinical exercise physiology.

Choosing your supervisor

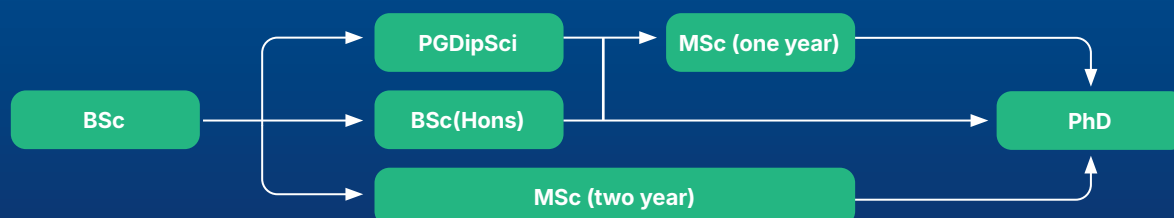
Have a look at our research areas and online staff profiles at auckland.ac.nz/exercise-sci-research and identify a topic that you feel passionate about. More information is also available from our postgraduate study in Exercise Sciences webpage, including supervisor search function and experiences from current students:

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

Scholarships

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

auckland.ac.nz/science-scholarships



Career opportunities

Exercise Sciences stretches the boundaries of knowledge, from neuron to muscle, from muscle to mind – working out how brain and body function.

There is a growing demand for exercise scientists who have the skills to do research, and work in an evidence-based manner as they help clients improve performance, increase quality of life, or prevent and manage chronic disease and injuries. Graduating from a postgraduate degree in Exercise Sciences will prepare you for a career in movement science, health and rehabilitation, high-performance sport, or clinical exercise physiology.

Our graduates have been employed in the following jobs:

- > Postdoctoral Research Fellow, John Hopkins University
- > Senior biomechanist, Australian Sports Commission
- > Strength and conditioning coach, Auckland Rugby Union
- > Exercise physiologist, Melbourne Osteopathy Sports Injury Centre
- > Clinical analyst, Accident Compensation Corporation
- > Chief executive, Auckland Table Tennis Association
- > Performance analyst, Academy of Sport (South Island)
- > Clinical research associate, ICON plc

This subject is available in:

- > Bachelor of Science (Honours)
- > Postgraduate Diploma in Science
- > Master of Science
- > Doctor of Philosophy

You may also be interested in our programmes in Clinical Exercise Physiology, Biological Sciences, Health Sciences, Physiotherapy, Psychology and Population Health.



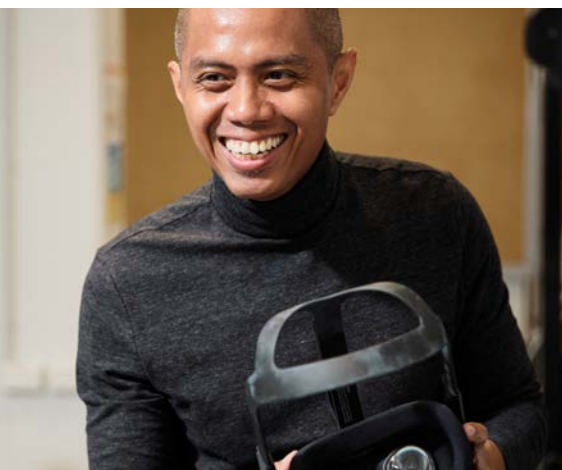
Find out more about how your degree will be structured and what courses you need to take at

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

Applications close on 8 December.

Alternatively, please feel free to contact our postgraduate study advisor at

pgadvice-exercise@auckland.ac.nz



"The great thing about the PhD program is that we can combine different disciplines to solve real-world problems.

"As technology evolves, I would like to be one of those who find solutions in encouraging people to live an active lifestyle."

Peter Fermin Dajime
Doctor of Philosophy in Exercise Sciences.

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