

Ngā Pūtaiao Whakatinana Kori Tinana me te Hākinakina Undergraduate Applied Exercise and Sport Sciences



Interested in sport, health and performance? The Applied Exercise and Sport Sciences specialisation in the Bachelor of Science prepares you for a career as an exercise scientist.



What you will learn

Exercise Sciences is the study of the relationships between human movement, physical activity, health, and performance. Our discipline includes human physiology, functional anatomy, exercise and sports psychology, biomechanics, and movement neuroscience.

Specialising in Applied Exercise and Sport Sciences trains students to become exercise scientists: professionals who improve the health and performance of individuals and communities by applying science to assess and prescribe physical and exercise activities safely and effectively.

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 will make up two thirds of your study in the Bachelor of Science (BSc), is for students who want a career in the exercise sciences. It provides all the knowledge you need for international accreditation as an Exercise Scientist at the end of your BSc.

Alternatively, you can tailor your learning to your specific goals and interests in the Exercise Sciences major, where you can select courses from several topics within Exercise Sciences to combine with another subject, in a double major BSc. The exercise sciences are an important application area of knowledge taught in other disciplines.

Complementary majors include:

- › Cell and Molecular Bioscience
- › Chemistry
- › Computer Science
- › Physiology
- › Psychology
- › Statistics



Getting accredited

This programme is being developed to meet the accreditation requirements of Exercise and Sports Science Australia (ESSA) for registration as an internationally recognised Accredited Exercise Scientist (AES), a standard also adopted by Sport and Exercise Sciences New Zealand (SESNZ). Please note that the programme is not yet accredited by ESSA.

Career opportunities

This specialisation is the preferred pathway for entry to our postgraduate study in physiotherapy and clinical exercise physiology.

Graduate employment opportunities include:

- › 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
- › Motor learning and movement neuroscience
- › Sport and exercise psychology
- › Exercise nutrition
- › Exercise assessment and prescription practicum courses

Our courses combine theory classes, blending in-person and online experiences with tutorials and group problem-solving activities, complemented by labs where you will learn to collect and analyse data related to human performance.

Practicum courses in years two and three provide opportunities for you to apply your knowledge and skills in real contexts with clients from the community, at Hiwa, the University's Recreation Centre and a range of other health and performance organisations.



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

auckland.ac.nz/applied-exercise-sport

Applications close on 8 December.



"The Applied Exercise and Sport Sciences specialisation is a unique opportunity to learn to combine advanced scientific knowledge and technologies relating to movement, exercise and physical activity, together with practical, professional skills for working with people, to improve their health and performance."

Dr Angus McMorland, Senior Lecturer
Exercise, Sport and Rehabilitation 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