

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 Sciences, 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 exercise sciences are an important application area of knowledge taught in other disciplines. In an Exercise Sciences major, you can select courses from several topics within Exercise Sciences, and optionally combine those with another Science subject in a double-major Bachelor of Science (BSc), to tailor your degree to your specific interests.

Alternatively, the Applied Exercise and Sport Sciences specialisation, which will make up two thirds of your study in the 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 Specialist at the end of your BSc.

Complementary majors include:

- > Chemistry
- > Computer Science
- > Physiology
- > Psychology
- > Statistics

Interested in pursuing entry to a clinical programme?

Exercise Sciences is one of six Bachelor of Science (BSc) health majors that provide clear pathways into the following year two clinical health programmes:

- > Bachelor of Medical Imaging (Honours)
- > Bachelor of Medicine and Bachelor of Surgery
- > Bachelor of Optometry
- > Bachelor of Pharmacy

Students intending to apply for these programmes must take specific courses to be eligible for clinical selection. GPA requirements also apply. Please consult the relevant year two clinical programmes on the University of Auckland website for detailed information.



To find out more, visit

auckland.ac.nz/sciencehealthmajors



What you can study

- › Human anatomy
- › Exercise physiology
- › Biomechanics
- › Motor learning and movement neuroscience
- › Sport and exercise psychology
- › Exercise nutrition
- › Exercise assessment and prescription

Career opportunities

An important discipline for everyday life

Movement is central to everything we do, from our first steps, to performance in sport and work, our health, and recovery from illness. Exercise Sciences, the study of movement and its effects on our health, is therefore a critically important discipline that relates to all aspects of our everyday life.

There is a growing demand for people who can not only research and analyse performance techniques but can work well with people, as analysts, coaches, consultants, and allied health professionals to optimise human performance, general health and wellbeing through training and 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 to pursue a career in physiotherapy and clinical exercise physiology.

Jobs related to Exercise Sciences:

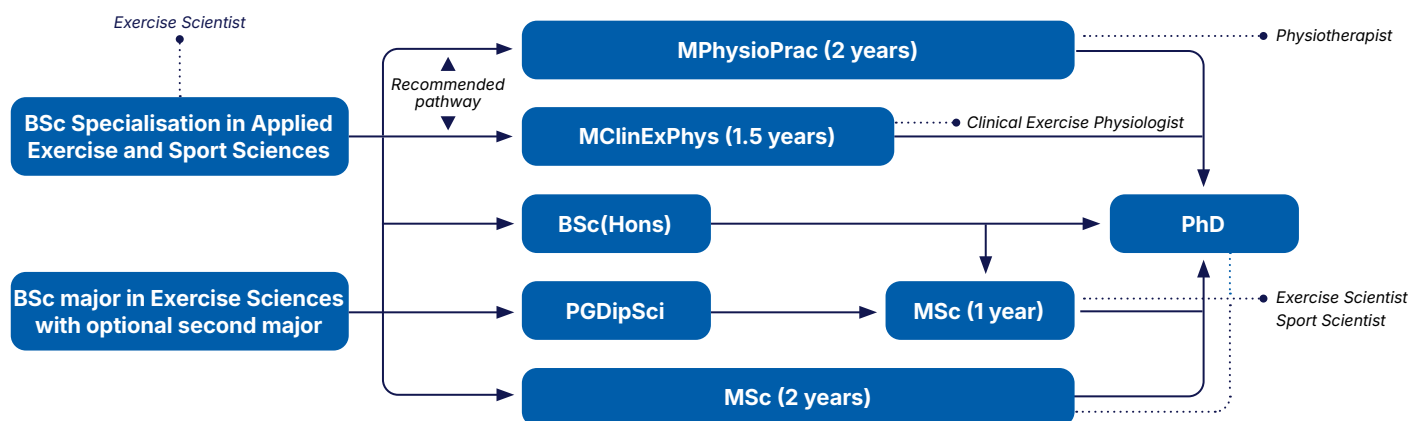
- › Exercise scientist
- › Sport scientist (consultant in biomechanics, exercise, nutrition, physiology)
- › Corporate exercise specialist
- › Human movement scientist
- › Injury prevention consultant
- › Respiratory physiologist
- › Clinical exercise physiologist
- › Cardiac physiologist
- › Physiotherapist



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

auckland.ac.nz/exercise-sci

Applications close on 8 December.



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



Have any questions?
Contact the Student Hub

auckland.ac.nz/student-hubs

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]