



A quick guide to postgraduate

Clinical Exercise Physiology

Clinical Exercise Physiologists use exercise as medicine to assist individuals to develop, maintain or improve health and well-being, through individually prescribed research-informed evidence-based approaches to rehabilitation and physical activity.

The Clinical Exercise Physiology programme meets the quality assurance standards for allied health education programming in exercise physiology and it has been accredited by the Committee for the Exercise Sciences (CoAES) through the United States Commission on Accreditation of Allied Health Education Programs (CAAHEP) since 2015. This international accreditation means that graduates of the masters programme are eligible to sit the American College of Sport Medicine exam to become a Registered Clinical Exercise Physiologist.

Some of the courses available in this subject include:

- Advanced Exercise Prescription
- Cardiac Rehabilitation
- Clinical Exercise Practicum
- Clinical Exercise Physiology
- Exercise Rehabilitation
- Research in the Exercise Sciences

BSc

PGDipSci

MSc

PhD

Explore and discover everything you need to know about studying postgraduate Clinical Exercise Physiology:
science.auckland.ac.nz/pg-cep



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QS World Rankings Graduate Employability,
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AVAILABLE IN:

- ✓ **Postgraduate Diploma in Science (PGDipSci)**
- ✓ **Master of Science (MSc)**
- ✓ **Doctor of Philosophy (PhD)**

You may also be interested in our programmes in Exercise Sciences, Health Psychology, Population Health and Medical Science.



WE HAVE
state-of-the-art facilities



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AUCKLAND
Te Whare Wānanga o Tāmaki Makaurau
NEW ZEALAND

SCIENCE

Choosing your supervisor

Start early to avoid disappointment. Supervisors of your postgraduate research can usually only take a small number of students, so make sure you talk to them sooner rather than later.

Choose an area you feel passionate about. Undertaking research involves successes as well as challenges, so choosing a topic you are genuinely interested in will help you gain the most from your studies.

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Careers in Clinical Exercise Physiology

We live in a society that is aging. Alongside the effects of our modern and sedentary lifestyles, we have a growing population that places greater demand on our health care services.

A Clinical Exercise Physiology qualification gives you the academic and clinical experience to develop programmes of exercise for people to help them prevent, manage or rehabilitate from a wide range of health conditions and illness.

Clinical exercise physiologists can be found working in hospitals, clinics, fitness centres and sporting bodies, or in private practise as primary contact allied health professionals.

Our 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

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Carys Ward

Master of Science in Clinical Exercise Physiology.

"In my first year of university as an undergraduate student, a video was shown within one of our courses that promoted the University Health and Rehabilitation clinic.

"Something within me at that point just made me realise that this was the path that I wanted to go down.

"Clinical exercise physiology is found within the healthcare realm and is an allied health service. It is where exercise is utilised to help clients manage or reduce their risk of chronic disease(s).

"I love working with patients to help create an individualised programme to assist them with managing their conditions."

"When patients explain how my programme has helped them with their day to day activities and they subjectively notice improvements in their performance, I believe this is the most rewarding thing.

"I hope to find a job within the field of clinical exercise physiology, probably overseas to begin with to enhance my knowledge and expertise. Eventually, I'd like to open up my own business within the profession."

Haere tonu ki tōu ara pūtaiao i tō mātou Hāpori.

Continue your Science journey as part of our community.

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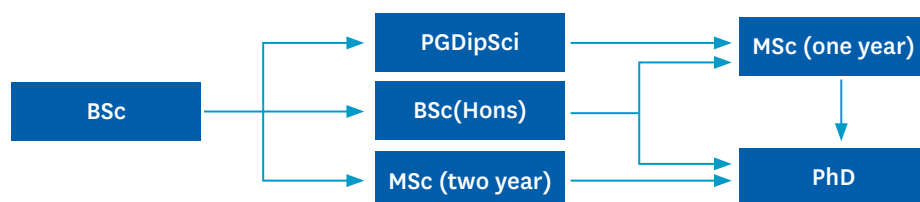
A quick guide to postgraduate Exercise Sciences

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 program offerings allow you to pursue your interests in Exercise Sciences through one- and two-year diplomas and degrees, to become an exercise scientist working in industry, health or sport, or to prepare yourself for further Doctoral study.

Areas of specialisation include:

- Advanced Exercise Physiology
- Exercise and Performance Psychology
- Advanced Techniques in Biomechanics
- Movement Neuroscience
- Clinical Exercise Physiology



In addition, our academic staff are at the top of their field and offer many exciting research opportunities to complete your dissertation or thesis projects, whether it is a 30 points PGDip Dissertation, a 60 points Honours Dissertation or a 120 points MSc Thesis.

Explore and discover everything you need to know about
studying postgraduate Exercise Sciences:
science.auckland.ac.nz/pg-exercise-sci



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- ✓ **Master of Science (MSc)**
- ✓ **Master of Physiotherapy Practice (MPhysioPrac)**
- ✓ **Doctor of Philosophy (PhD)**

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

Our subject
is ranked
43
in the world

QS World University Rankings
by Subject 2021

43
in the world

Sports-related
subjects

Choosing your supervisor

Maybe you already know what topic you'd like to pursue for your dissertation or thesis project. Maybe you don't. Starting early with identifying a potential topic and supervisor for your project is important.

Have a look at our research areas and online staff profiles at www.auckland.ac.nz/exercise-sci-research and identify a topic that you feel passionate about.

Contact our academic staff directly to ask questions, seek advice, and find out whether you would be a good fit with their current projects. Alternatively, schedule a meeting with our Programme Leader, Dr Arne Nieuwenhuys, a.nieuwenhuys@auckland.ac.nz to discuss your general interests and the options available to you.

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Careers in Exercise Sciences

Exercise Sciences stretches the boundaries of knowledge from cell to psychology – working out how brain and body function.

There is a growing demand for exercise scientists and accredited exercise physiologists who have the skills to research, and work with clients, to prevent and manage chronic diseases and injuries.

Graduating from a postgraduate programme in Exercise Sciences will prepare you for a career in movement science, health, wellness, physical fitness, exercise science, rehabilitation, sport science and 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

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Peter Fermin Dajime

Doctor of Philosophy in Exercise Sciences.

"Human movement is an exciting field, and more people are aware of the importance of exercise and physical activity."

"While technology seems to deter people from pursuing an active lifestyle, I think technology can encourage people to be more fit and healthy."

"We are trying to develop a tool that can augment the ability of clinicians and practitioners to prescribe home-based exercise programmes for fall prevention among older adults."

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

"In our case, we are using resources and methodologies that are associated with computer science and engineering in the context of exercise prescription."

"We developed a novel balance exergame customized for older adults and use gesture detection to provide feedback on movement quality. Furthermore, our current understanding of how immersive VR affects movement patterns is limited. By studying the impact of VR technology on movement kinematics, we would be able to recommend the best method for delivering VR-based interventions to older adults."

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

***Haere tonu ki tōu ara pūtaiao
i tō mātou Hāpori.***

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A quick guide to postgraduate Psychology

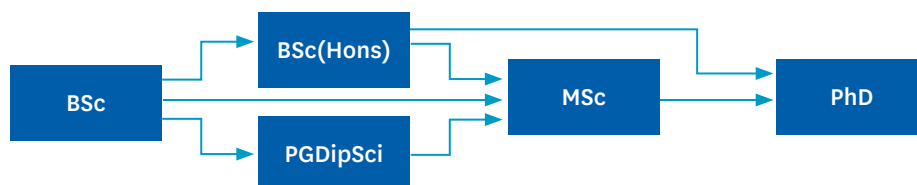


You'll love studying Psychology if you want a greater understanding of how people (and sometimes animals) think, feel and behave. Psychologists create theories based on data, analysing simple behaviour – from that observed in animals to the more complex verbal and emotional responses of people.

As a Psychology student you could study research areas such as applied behaviour analysis, cognitive and language development, gender and sexuality, developmental psychology, Māori and Pacific psychology, and social psychology.

Some of the courses available in this subject include:

- Advanced Topics in Learning and Behaviour
- Clinical Neuropsychology
- Cognitive Neuroscience
- Forensic Psychology
- Political Psychology
- Psychology and Sustainability
- Psychotherapeutic Assessment and Formulation



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- ✓ **Postgraduate Diploma in Applied Psychology**
- ✓ **Master of Science**
- ✓ **Doctor of Philosophy**
- ✓ **Master of Organisational Psychology**
- ✓ **Master of Speech Language Therapy Practice**
- ✓ **Master of Health Psychology**

You may also be interested in our
programmes in Biological Sciences,
Statistics, Physiology and Physics.

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57
in
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QS World University Rankings
by Subject 2021

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in the world

Psychology



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Careers in Psychology

Psychology is a versatile subject that can take you into many different career paths

You could work in the fields of mental health, research, industry and marketing, education or counselling. Alternatively you can work within a business environment that uses psychological tests, statistical analyses, or survey and questionnaire development.

Furthermore, staff recruitment, human resources, personnel training and evaluation are areas in which a lot of psychology graduates are employed. Research careers can be developed in neural function and cognitive science. Many avenues open up to graduates with training in psychology.

Our graduates have been employed in the following jobs:

- Client executive, Colmar Brunton
- Communications coordinator, Auckland District Health Board
- Postdoctoral researcher, Ghent University
- Case manager, Accident Compensation Corporation
- Training and development manager, Mainfreight Transport Ltd
- Residential youth worker, BLENZ Homai Campus



Lara Tolentino

Bachelor of Science (Honours) in Psychology.

"Although courses may be challenging, we are always offered ample support when we need it. The lecturers and tutors are always happy to help."

"For my project, I am working closely with one of the PhD students in Professor Ian Kirk's Cognitive Neuroscience Lab to further understand the activity of mirror neurons in the brain in response to emotional expression. Mirror neurons are an exciting topic in neuroscience as they are thought to underlie the neural basis of emotions."

"Cognitive neuroscience aims to increase our understanding about the neural mechanisms involved in brain processing. This can help us to combat neuropathologies such as Alzheimer's and Parkinson's disease, which are pertinent to New Zealand's ageing population."

"The honours programme is challenging yet stimulating."

"The majority of courses in Psychology require students to present and/or facilitate discussions based on our weekly readings. Public speaking can be nerve-racking, but equally rewarding once you've mastered the content being presented. It's definitely an effective way to learn about the content."

"Also, the research component involved provides an excellent introduction to how research is done in practice – it's definitely an advantage being involved in it! When I've finished my honours degree I plan to do further postgraduate study by completing my masters in Psychology."

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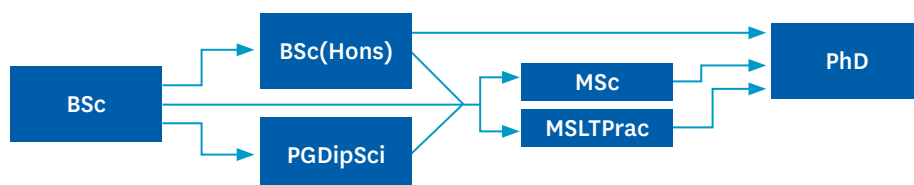
A quick guide to postgraduate Speech Science

Speech Science is about speech, language and swallowing difficulties. It is a large and complex field that includes topics in acoustic analysis and speech recognition, diagnosis of speech and/or language disorders, speech-language therapy and speech perception.

There are different options to consider when choosing your postgraduate qualification in Speech Science. The Postgraduate Diploma in Science (PGDipSci) in Speech Science and Master of Science (MSc) in Speech Science are intended for graduates with a research interest in speech-related areas. Either qualification is relevant for practising speech-language therapists with a bachelors degree as well as people with a background in linguistics, psychology, audiology, engineering, education or computer science.

Some of the courses available in this subject include:

- Dysphagia for Speech Language Therapists
- Communication Difficulties in Children
- Linguistics for Speech Language Therapy
- Anatomy and Physiology for Speech Language Therapy
- Audiology for Speech Language Therapy
- Voice and Fluency



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Computer Science.

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1st=
Medicine

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Careers in Speech Science

Speech-language therapists work in a range of settings.

While a postgraduate qualification in speech science can provide opportunities for research and prepare you for roles as a communication assistant or communication support worker, the speech-language therapy qualification can lead to employment as a speech-language therapist in a health or education setting such as a hospital, an adult rehabilitation service, a child development team, a school or early childhood centre.

Our graduates have been employed in the following jobs:

- Lecturer, Macquarie University
- Audiologist, Bow River Hearing Centre
- Speech-language therapist, Ministry of Education
- Speech and language pathologist lecturer, Semnan University of Medical Science
- Speech-language therapist, Waitematā District Health Board
- Audiologist, Auckland District Health Board

Other jobs related to Speech Science include:

- Lexicographer
- Researcher



Ryan Meechan

Master of Speech Language Therapy.

"I have always had a passion for language and how language constructs our society and everyday lives. I was introduced to speech-language therapy during my undergraduate degrees in Linguistics and Psychology. I knew that pursuing my masters would allow me to further my knowledge and passion for this area of study, while also engaging in meaningful and rewarding work."

"The programme is really centred on putting its students first and takes the time to help you develop into confident and knowledgeable practitioners. The academic staff are incredible and supportive, and the small class sizes mean it is easier to build relationships with staff and your classmates."

"The skills and qualities you learn throughout the course are invaluable."

"The course is highly practical and we are afforded a wide range of clinical experiences in swallowing, neurological conditions, fluency, voice, speech sound and language disorders. Not only does this practical experience cement the learning of theory gained in lectures, it also allows us to find areas of the field we are passionate about."

"My research is looking into semantic comprehension and language processing in people who have suffered a traumatic brain injury, such as a stroke. From this research we are hoping to establish more objective and effective ways of assessing individuals who have a language impairment to lead to more effective rehabilitation."

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