Interested in exercise, sport, movement and health?

Do a BSc majoring in Exercise Sciences

At the end of Year 1 decide

Do you want to specialise in Exercise Sciences?

Applied Exercise and Sport Sciences (AESS) Pathway
- Learn to be an exercise science professional
- Aligns with international accreditation standards

BSc Major in Exercise Sciences
- Combine your interest in exercise science with physiology, psychology, statistics or another science subject for a multidisciplinary perspective.

Do you want to combine with other interests?

For more information contact our undergraduate advisor: Angus McMorland | ugadvice-exercise@auckland.ac.nz
**BSc in Exercise Sciences (3 years)**

- **Scientist**
  - Do a BSc (Hons) or MSc in Exercise Sciences with us
  - Tertiary education
  - Research and development
  - High performance sports and rehabilitation
  - Human factors in industry

- **Exercise Specialist**
  - Get accredited from your BSc training and/or do an MSc with us
  - Human factors in industry
  - Exercise Physiologist
  - Sports psychologist
  - Personal trainer/coach

- **Clinical Exercise Psychologist**
  - Do an MSc in Exercise Physiology with us
  - Hospital
  - Exercise Rehabilitation Clinic
  - Sports psychologist

- **Physiotherapist**
  - Do a Master of Physiotherapy Practice with us
  - Hospital
  - Physiotherapy clinic
  - Sports teams
Year 1: Foundations
- Systems physiology
- Human anatomy
- Exercise prescription

Year 2: Core knowledge and skills – focus on healthy individuals
(Major: 3 of 4 core subjects | AESS pathway: All 6 subjects)
- Biomechanics
- Movement neuroscience
- Exercise physiology
- Sport/exercise psychology
- Option: Exercise nutrition
- Practicum

Year 3: Advanced and independent learning: Focus on special populations
- Advanced work in core subjects
- Advanced practicum
- Capstone
- Option: Research project