

Faculty focus: Science

Department of Exercise Sciences

Physical inactivity costs the global economy over US\$67 billion each year. A recent study revealed that physical inactivity is responsible for a range of chronic diseases and early deaths*. This makes the exercise sciences more important than ever.

The exercise sciences bring together the subjects of biomechanics, movement neuroscience, exercise physiology, exercise metabolism and exercise psychology to explore the role of exercise in keeping us healthy, improving disease outcomes and enhancing performance. In early 2016, the department changed its name to the Department of Exercise Sciences to reflect the focus of the discipline.

Exercise scientists prescribe exercise as medicine. "We analyse performance techniques, develop new ways to help rehabilitation and recovery, and interact with doctors, allied health professionals,

teachers and human performance specialists," explains Associate Professor Greg Anson, Head of the Department of Exercise Sciences.

A three-year bachelors degree in Exercise Sciences is ideal for students who are studying biology, chemistry, mathematics, physical education, physics or statistics, and who are curious about how and why the human body moves.

“ A Bachelor of Science in Exercise Sciences is a truly exciting science degree. ”
Associate Professor Greg Anson

"Not only will students develop analytical thinking, communication and presentation skills, they'll also acquire specialist knowledge and a range of career opportunities. These include working as an exercise

scientist, injury prevention consultant, human movement scientist, respiratory physiologist, sport scientist or sport and fitness practitioner."

The Bachelor of Science in Exercise Sciences works well with other degrees. Nearly half of Exercise Sciences students enrol in a double major or conjoint degree – Psychology, Physiology, Statistics, Mathematics, Computer Science and Commerce are popular choices. There are several options to continue into postgraduate study, including honours, masters and doctoral degrees in Exercise Sciences, as well as the new postgraduate qualifications in clinical exercise physiology.

According to Associate Professor Anson, "a degree in Exercise Sciences is the key to understanding how the human body works – and works out."

* *Lancet Series: Physical Activity 2016*

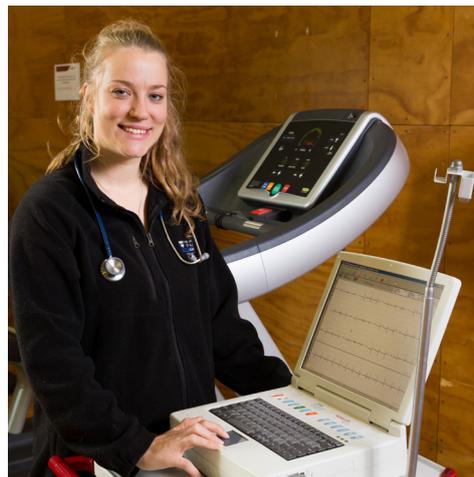
Student Profile: Megan Reyden

Students who are interested in pursuing a career in clinical exercise physiology can progress to a Postgraduate Diploma in Science and a Masters of Science degree in Clinical Exercise Physiology. A student on this path can become accredited as an allied health specialist and registered through Clinical Exercise Physiology New Zealand. This leads to an internationally recognised qualification – the first of its kind in New Zealand. Megan Reyden is one such student. "I've always been interested in the science behind exercise. I'm particularly interested in helping people with cardiovascular, neuromuscular and metabolic conditions to optimise their rehabilitation through exercise.

"After my Bachelor of Science in Exercise Sciences, I chose to do a Postgraduate Diploma in Clinical Exercise Physiology (PGDipCEP), and I'm currently completing my Masters in Exercise Sciences so I can become a fully qualified Clinical Exercise Physiologist. My dream is to establish a rehabilitation clinic to help reduce preventable diseases and improve treatment outcomes for people with chronic conditions.

Megan has some advice for high school students who are preparing for university.

“ Don't worry if you don't know exactly what you want to study. If you explore areas you're interested in, you'll find your niche. I chose a degree that complemented my interest in health and exercise, and a university that would give me the best education and student experience. ”



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Meet the Advisers



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Lynn Su'a

From the Schools Partnership Office

SPO staff and student Unireps have enjoyed representing the University at careers evenings and expos this past term. Alongside those events, the team has been busy providing Course Advice presentations to Year 13 students. Feedback around the new presentation format has been largely positive, and we're pleased that your students are getting quality advice pertaining to their applications and university life.

The main school-leaver scholarship applications are now closed, and the Scholarships Office is currently reviewing student applications. We hope that the new scholarships and endorsement process was received well by your schools and community.

The SPO team also had the pleasure of hosting regional students at the Travellers Breakfast on the morning of Courses & Careers Day. We hope that your students enjoyed attending the University's open day as much as we did.



*Tēnā koutou katoa
Kei te mihi nui ki a koutou*

I am pleased to announce that I have been appointed to the permanent position of Director of the Schools Partnerships Office at the University of Auckland.

I look forward to continuing the development of closer ties with you in schools and am very excited with the future recruitment direction of the

Schools Partnerships Office and the University. A passion for student achievement underpins our core business, and a desire to collaborate with schools motivates our future initiatives.

Ka pū te ruha, ka hao te rangatahi.

As an old net withers, another is remade.

Dennis Matene

Director of the Schools Partnership Office

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A valued member of the Schools Partnership Office is leaving us



It's with sadness that the Schools Partnership Office bids farewell to Alysha Bentley. She's leaving us for a well-deserved and exciting managerial role at AUT. Alysha has been an important member of the SPO Team for several years. A new appointment will be

made as soon as possible.

Congratulations on your recent promotion, Alysha! We know you'll tackle this new venture

with the same passion and dedication you've displayed as part of our cohesive team and will quickly establish yourself as a valued employee in your new role. Working alongside you has been a privilege and pleasure, and we know you'll continue to succeed in this new phase of your professional career. While we will miss you and have fond memories of working with you, we wish you well and hope you attain all the success you deserve. Your loyalty and work ethic have been exceptional.

Nō reira

Haere e whaea rangatira

Dennis Matene,

Director of the Schools Partnerships Office

Key dates to remember

15 September	Submission deadline for completed accommodation CCRFs
30 September	Submission deadline for the other accommodation application documents
21 October	Response due date for all first round accommodation offers
28 November - 2 December	BEAMS
8 December	Application deadline for the majority of degree programmes

Save the date - BEAMS

This event is a great opportunity for your Year 10 Māori and Pacific students to get a taste of our programmes in the BEAMS subjects - Business, Engineering, Architecture and Planning, Medical and Health Sciences and Science. BEAMS is running Monday 28 November to Friday 2 December, and schools will be invited to choose one day to attend. Registrations will open this month, so keep your eyes out for an email invitation from the Equity Office. For more information, please contact equity@auckland.ac.nz

University Updates

Digital Technologies

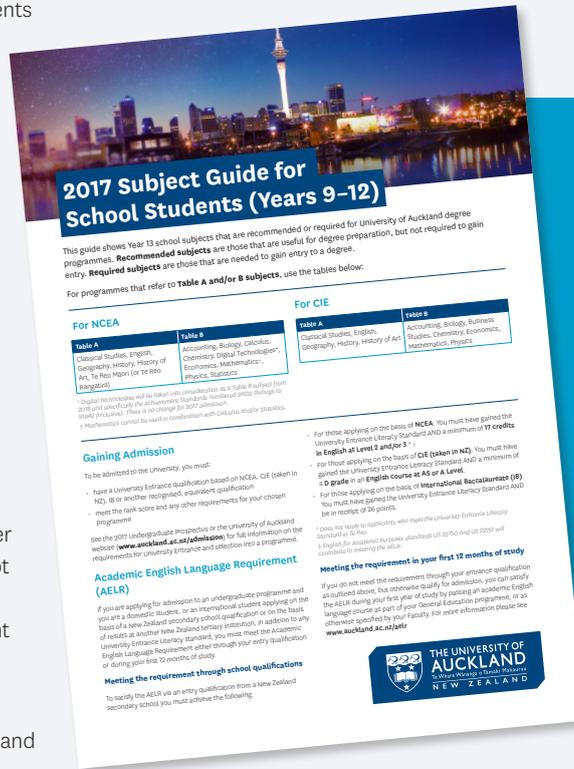
As you'll be aware, some entrance requirements refer to the Table A and B lists. These lists highlight specific subjects required of applicants for various programmes.

For admissions in 2018, Digital Technologies (which is on the NZQA list of approved subjects) will be added to the NCEA Table B list. There is no change for 2017 admission.

Digital Technologies refers to the Level 3 achievement standards in the Digital Technologies domain, as defined by NZQA. There are currently eleven Level 3 achievement standards in this domain, numbered 91632 through 91642 (incl.).

The 2018 Guaranteed Entry Scores and other programme admission requirements have not yet been set but we felt it was important to advise you of this addition to ensure sufficient notice to assist with planning.

It's important to recognise that Digital Technologies is already an approved subject and therefore will continue to contribute towards University Entrance and the calculation of the Rank Score.



University Updates

Applications now open for the new Bachelor of Sport, Health and Physical Education

The Bachelor of Sport, Health and Physical Education has been approved to start in 2017, and applications are now open. This exciting new degree will be taught through the Faculty of Education and Social Work. It aims to foster leaders in the growing sport, health and physical education sector.

The degree is flexible in design so that students can choose one of five unique pathways, depending on their interests and career aspirations. The pathways are sport leadership and coaching, health education and promotion, sport science, health and physical education and dance.

Programme leader, Toni Bruce, describes the range of benefits for students thinking about enrolling. "This degree prepares

students for work in a field where the number of jobs is increasing – 11.5% between 2008 and 2013 – and where the sector contributes an economic value to New Zealand of almost \$3 billion per year.

"The expectation is that graduates will be leaders in sports and recreation organisations and fields such as coaching and health

promotion. This degree is also a pathway to a further one-year qualification to teach health and physical education or to postgraduate research qualifications in sport, health and physical education or dance."

For more information, to enquire, or to apply on behalf of a student, please visit www.sporthealthpe.ac.nz



Events for School Students



Architecture | Elam | Dance Studies

Prospective students interested in our creative tertiary environment can find inspiration in the Creative Arts and Industries end-of-year shows.

The Architecture Thesis Show (11-13 November) presents the research of final-year masters students, tackling a wide range of social, political and design issues within the built environment.

The Elam Grad Show (26-27 November) is a high-profile opportunity for graduating students to reveal their work to industry. Hosted in our studio spaces, it gives prospective students the opportunity to picture themselves creating and exhibiting within the Elam environment.

Dance Studies Performance Series (15 October-6 November) demonstrates our students' performance and choreographic growth throughout the year.

For more information, please visit www.creative.auckland.ac.nz/events





Ella

When life gives you lemons

Ella Lyon is pursuing her dream of being the first Māori female Prime Minister of Aotearoa. With a passion for kapa haka, an interest in too many sports, a dream of politics and a hate for reading, she's taking on the challenge of a conjoint in Bachelor of Arts and Bachelor of Laws while trying to maintain sanity:

We all know how challenging life is sometimes

Being a uni student it is bad enough being broke all the time, always hungry and always study waiting to be done. Sometimes the supreme being of the universe loves to squeeze a little lemon juice on that already painful cut. However, how we deal with it defines who we are.

Some people choose to suck up the pain and brave it out when deep down inside it REALLY hurts.

Some like to clean the wound and use a bit of antiseptic to kill the germs.

While others just cover it over with a sticking plaster and pretend there is nothing there.

Either way Lemons are sour and they sting!

So semester 2 began today! I am back at Grafton sucking up the spirit!

It is the time when you are reunited with all your friends and two main questions are continuously popping up.....1. How was your Holiday?
2. How were your exams???

The first question can be dealt with quite easily but for some the second question can pull a few strings.

For one of my close friends that very second question is no doubt the crumbling point!

*Imagine This....You have spent every day of the semester with your head inside the course book. You have attended your lectures religiously. You have put ALL your study effort into this very course. You know the context like the back of your hand. You have your mind set on this pathway. You have A+ in all your other subjects. You have basically taught your other class mates the course and then come the exam you see all the other people you have helped Pass while you receive the heartbreaking email informing you to **Resit the course**. This is the CUT THROAT nature of Law!*

For my friend this felt like rock bottom! Just when you think if you work really hard you will get results and then find out that you don't you start to question life itself. It makes you think is it even worth trying to begin with? Thankfully Auckland University is aware of these situations so have many support services in place to help you get back on track. So off we head to Aunty Mere (Schools Adviser, Māori) and Aunty Jonaan (Kaitakawaenga Māori - Māori Liaison Officer) in the ClockTower!

These two beautiful ladies just so happen to be the key to success at University. I met them at a University of Auckland year 13 Maori student trip called Whaia Te Pae Tawhiti. Ever since they have been my **go to** whenever I need help, course advice, am feeling down or just need someone to talk to!

Just when my friend thought he was beyond the point of recovery Jonaan sheds some well needed light on the situation! *Let's face it Law entry is HARD, therefore not everyone always makes it in the first time.... However, those who persist after failing and repeat the course can surprisingly be the ones who succeed better in the long run!*

After Jonaan had finished inspiring us she directed us to the Arts Tuakana office (Maori and Pacific support service) to get on track with organising our conjoint requirements. After the Arts center I am directed off to a good friend of mine who works in the commerce student service center to help recommend and enroll us in our papers!

In conclusion

My point is that University is hard but Auckland uni are here to make it easier. You can brave out that stinging lemon juice or you can look for help! Just so happens that if you look in the right places people can clean the wound, disinfect it, find a plaster and keep an eye out for you in the healing process. You are never alone!

Ella Lyon - Inside Word Student Blogger

For more blogs by first year university students, please visit www.theinsideword.ac.nz

Follow our Facebook page for Future University of Auckland Students www.facebook.com/FutureUniofAKIStudents



Tēnā koutou

Ko Jonaan McLeod tōku ingoa, nō Ngāpuhi me Te Whakatohea. I am the Māori Liaison Officer Kaitakawaenga Māori and I'm committed to supporting our Māori students. Whether they're still at school or currently studying with us, I'll help them to succeed.

We had the privilege of watching Ella make the leap from Turakina Māori Girls College, and were able to support her during her transition to Auckland. I'm passionate about ensuring our

Māori students feel safe, included and celebrated here at the University of Auckland. Whether they need degree advice, financial assistance, pastoral care or a cuppa tea, I am here to show manaaki and tautoko.

To see how we support our taura Māori, please visit www.equity.auckland.ac.nz

The University Halls of Residence: A home away from home

Here's an opportunity for students to experience a fun, independent lifestyle but still enjoy plenty of home comforts. They just need to join us at the University of Auckland Halls of Residence.

A few of the benefits

A good living and social environment are beneficial to students' results. We also have academic mentoring programmes and informal study groups.

We organise all sorts of social and recreational events. Past residents tell us they made amazing new friendships and forged life-long memories at their halls of residence. For them, academic success was bundled together with a sense of domestic well-being and a busy, diverse lifestyle.

We're also realistic about the challenges of launching out from home, so we have counselling services to help students through any rough patches. We have live-in mentors. And we monitor people's behaviour to promote a community that's upbeat but also respectful and considerate.

It's all about the convenience

You might be surprised to learn that many of our residents are in fact Aucklanders. They've found a brilliant way to gain independence and avoid commuting without sacrificing family life.

Guaranteed entry

We're offering guaranteed entry to New Zealand secondary school students who have gained Level 2 NCEA with merit or excellence. The same applies if they have high achievement in Cambridge International Examinations, International Baccalaureate or Steiner education. This guaranteed offer is open to students from anywhere in New Zealand, including Auckland.

First round application dates

Applications from New Zealand high school students will be considered for a first offer, provided they have applied by **30 September 2016**. This allows students to take a tour of our halls at Courses and Careers Day on Saturday 27 August before choosing their preference. They can also feel less rushed as they complete our application. They must submit their Common Confidential Reference Form by **15 September 2016**.



Admission criteria

Preference is given to applicants on the following basis:

Academic achievement in New Zealand or overseas (This is the most important consideration and is highly weighted when selections are made.)

Leadership, sporting, cultural/community achievements and involvement as indicated on the accommodation application form

Recommendations on the Common Confidential Reference Form (This only applies to domestic and international students who completed their last year of secondary school in New Zealand. The CCRF must be submitted by 15 September 2016.)

Potential to contribute positively to the residential community as described on the application form

Applicants will gain priority if they:

- Are a University of Auckland Entry-level and first year Scholarship winner
- Are a Head Boy/Girl or were awarded School Dux
- Are a Māori or Pacific student
- Are intending on study for a Bachelor of Education (Teaching), Social Work or Sport, Health and Physical Education
- Are a female studying engineering or physical or computational sciences
- Are a male studying nursing
- Are an international student under the age of 18 years

Students who are not in one of the priority groups above will still be considered for selection.

Offers

First offers for the Halls of Residence are sent out during **early October**. Students who've been selected to receive a first offer will be notified by email. They'll have until **21 October** to accept the residential agreement online and pay the required deposit. Both processes must be completed in order for the accommodation offer to be confirmed. There will be no extensions.

If we can't offer a student accommodation in their preferred residence, we may offer them an alternative. They can choose to accept this guaranteed place (which we strongly advise) or remain on the waitlist for their preferred residence. They cannot accept an alternative offer and remain waitlisted. When there are more priority applicants than places available, offers for preferred residence will be on a randomised basis. We also reserve the right to offer more places than we have beds available in the expectation that some students will withdraw.



For more information, please visit
www.accommodation.auckland.ac.nz/

Parents – the first career advisers

Empirical evidence suggests that parents are the key influencers in the career decisions of their children. The question is: how relevant is their advice? Is it based on their personal biases, or is it based in the reality of the world of work we now live in?

Parents often desire a linear career pathway for their children, believing this is the way to a secure income and stability in life. However, this isn't always true, as the working environment has changed significantly in recent decades and is now much more flexible. Strict parental expectations for careers can create an atmosphere of anxiety for students. People are much more successful studying what they're good at and what they enjoy, compared to something they're pressured into.

What parents of school- and tertiary-aged students need to know is that the concept of "a job for life" is now outdated. It may have once been the norm, but according to Statistics New Zealand, Kiwis are now changing jobs frequently. These days, it's commonplace to switch up jobs, companies and even whole industries every couple of years.

Specific degrees are obviously necessary for some careers, for example, medicine, law and engineering. But for many jobs, qualities that help a student stand out can be developed through a variety of different subjects and qualifications.

What matters most in the job market?

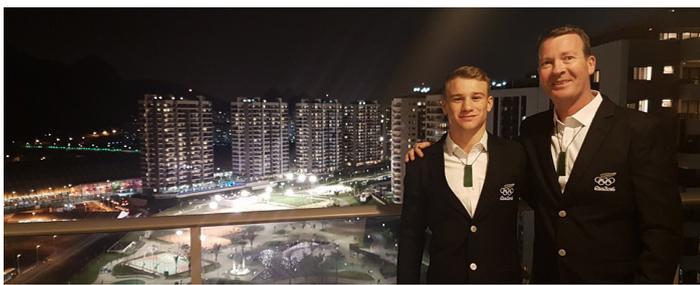
Parents should embrace the notion that it's not always a specific qualification that leads to opportunities. The capabilities a student develops through their study will help them to stand out in the job market. These combine with other activities that make a difference, including part-time jobs, volunteering, internships and hobbies.

If a student can articulate what they can offer to an employer and demonstrate that they have learning agility and are flexible and adaptable, they'll be able to gain employment in a variety of industries. They'll also be better positioned to progress their career and remain employable throughout life.

For more information, please contact Catherine Stephens, Manager University Career Development and Employment Services
c.stephens@auckland.ac.nz
or visit
www.cdes.auckland.ac.nz



Did you know?



Auckland Business student is NZ's first ever Olympic trampolinist

While other kids were shivering on netball courts and rugby fields, Dylan Schmidt and his siblings were perfecting their tuck jumps and straddles on a trampoline.

Now 19, Dylan recently took a break from study at the University of Auckland Business School to compete in trampoline at the Olympic Games, where he placed seventh.

He's studying towards a Bachelor of Commerce, majoring in Information Systems and Operations Management (ISOM) and Consumer Law. Over winter, he's been juggling his studies with training, competing in two World Cup events in Switzerland, and an appendectomy!

He says he's always had to balance training with study. He has a spreadsheet for the year, and appreciates the flexibility around deadlines afforded to student athletes on the High Performance Programme. (He once sat a first-year exam in Portugal during the lead-up to a World Cup.) "Trampolining has helped me with my study in the sense that it makes me more organised. I have a timeframe."

In a normal week, he trains on the trampoline 16 hours over six days. He also spends an hour or two at the gym twice a week.

Many Kiwis will remember backyard shenanigans on trampolines, but watching Schmidt is a revelation in complexity and control. Competitive trampoline has an exacting beauty. It's like rebound waterless diving, or perhaps airborne gymnastics.

"People don't really know what it is, but once they've seen it – wow, it's pretty crazy – it changes their mind!

"Each competition consists of two routines, one easy, one hard. Each routine includes ten skills. Competitors are judged on difficulty and execution.

"It's more about a style that you have. You can change the order of the skills, but most of the time they're stock standard routines."

Prior to the Games, he said he was focused on doing his best at the Olympics. "I don't go into a competition with the goal of a gold medal in mind," he said. "If you're thinking about the outcomes, it doesn't help much when you're competing. It's about doing the best I can and gaining as much experience as I can.

"I can't really expect gold, being so young. My goal is to come in the top eight, then at the next Olympics aim for the podium."

With that first goal achieved in Rio, all eyes are on Tokyo in 2020.

Dylan was one of seven current University of Auckland students to represent New Zealand at the 2016 Olympic Games in Rio de Janeiro.

From the Equity Office

"Equity" means fairness.

The Equity Office Te Ara Tautika leads the University of Auckland's commitment to be a safe, inclusive and equitable place to study and work.

The University's commitment to equity helps us attract and value a strong community that reflects the diversity and talents of New Zealand's population.

For more information, please visit www.equity.auckland.ac.nz

Students from refugee backgrounds

The Equity Office is leading a programme of campus visits to help secondary students from refugee backgrounds become familiar with the University. The pilot engagement programme works with Auckland secondary schools that have large populations of such students.

To date, around 50 students and their families from James Cook High School and Kelston Girls' College have participated in the programmes, which include campus tours, presentations and Q&A sessions. The students' countries of origin include Iran, Iraq, Syria, Afghanistan, Ethiopia and Democratic Republic of the Congo.

Feedback from both schools has been positive, with one James Cook High School careers adviser saying, "The chance to visit the University is huge – you can't have the experience by looking at a website or reading a prospectus. Visiting the campus takes away the fear factor."

The Equity Office recently won a NZ Red Cross award for "going above and beyond" in their work supporting students from refugee backgrounds.

For more information, please visit www.equity.auckland.ac.nz/refugee



Refugee students and families from Kelston Girls' College