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 the processes of experimentation.

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.

If you’re interested in studying Exercise Sciences with us, it would be beneficial to have studied high school biology or human biology. Chemistry, physics, calculus, statistics and physical education also 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. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

**Complementary majors include:**

- Biological Sciences
- Chemistry
- Physics
- Physiology
- Psychology
- Statistics

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**No.1**

**New Zealand University**

**Our subject is ranked**

32=

in the world

**Conjoint a BSc to study**

2 degrees at once