



**AUT**

NEW ZEALAND

**Mike & Tayla Robinson**  
**AUT SCHOOL OF SPORT & RECREATION**

# Why study Sport & Recreation at AUT?

- Globally - rapid change in how we approach health, fitness and wellbeing
- Sport & recreation play important part in a balanced lifestyle
- Opportunities in the workplace and industry for graduates with specialisation in Health & Physical Education, Coaching, Sport Science, Exercise Science & Nutrition, Sport Management & Outdoor Education
- AUT is No. 1 NZ University for Sport Science



# Sport & Recreation Courses available

- Uni Prep – AUT South
  - 6-week full time free course (Jan-Feb) for students without University Entrance
- Certificate of Sport & Recreation – AUT North & South
  - One Semester course as an entry level into the Bachelor degree
- Bachelor of Sport & Recreation – AUT North & South
  - Full time 3-year undergraduate degree with the following areas: Health & Physical Education, Sport Science, Coaching, Exercise Science & Nutrition, Outdoor Education, and Sport Management



# Co-op Placements



# Certificate of Sport & Recreation (CSR)



- One semester course
- Can be used as entry level into Bachelors Degree
- Build up skills of academic writing, computer literacy and time management, while developing Sport

# Bachelor of Sport & Recreation (BSR)

- Full time 3-year undergraduate degree in Sport & Recreation
- Subject Majors
  - Health and Physical Education
  - Sport Science
  - Coaching
  - Exercise Science & Nutrition
  - Outdoor Education
  - Sport Management



# BSR Structure & Content

## • Year 1 Core Papers

- Knowledge, Enquiry and Communication
- Contemporary Issues in Sport and Recreation
- Human Anatomy and Physiology I
- Innovative Planning in Sport & Recreation
- Leadership in Sport & the Outdoors
- Skill Learning in Sport & Recreation
- Sport & Exercise Fundamentals
- Sport & Recreation in Aotearoa/New Zealand

## Year 2 Core Papers

- Law & Ethics in Sport & Recreation
- Group & Individual Behaviour
- Evidence Based Practice
- Plus, optional papers

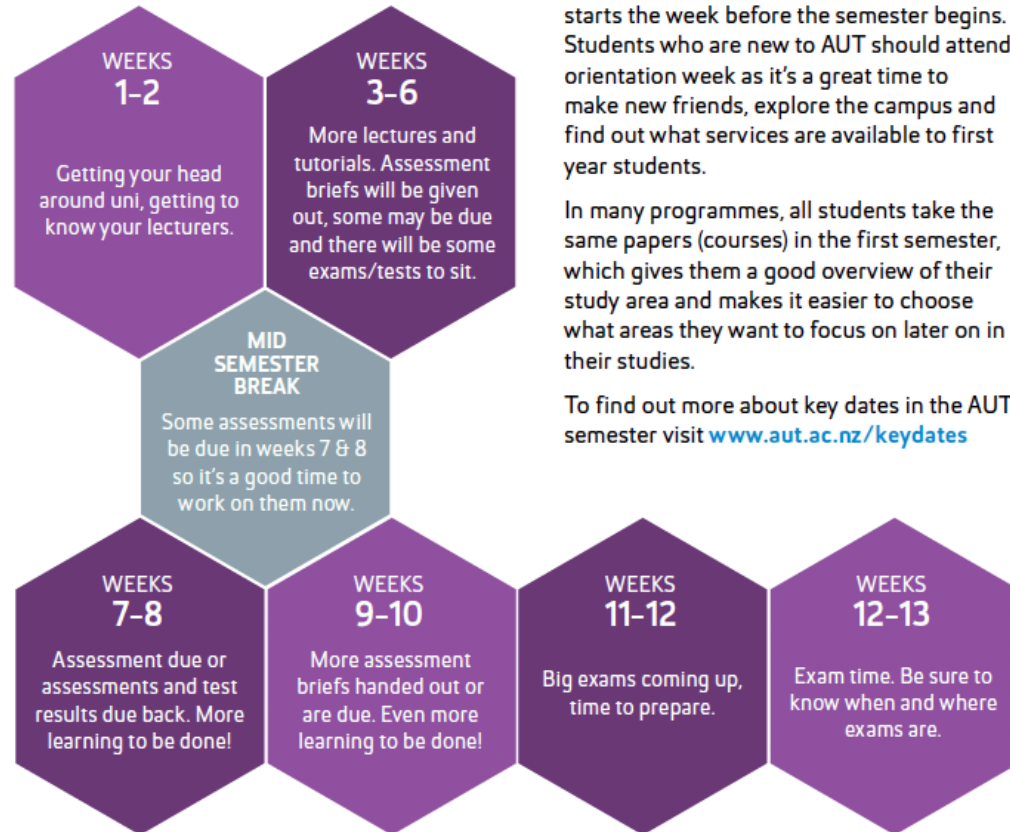
## Year 3 Core Papers

- Cooperative Education 1
- Cooperative Education 2
- Plus, optional papers

# What to expect

The university year has two semesters, with the first semester starting in late February and the second semester starting in mid-July.

Each semester runs for 12 weeks, with exams taking place in weeks 13 and 14.



Orientation for new students typically starts the week before the semester begins. Students who are new to AUT should attend orientation week as it's a great time to make new friends, explore the campus and find out what services are available to first year students.

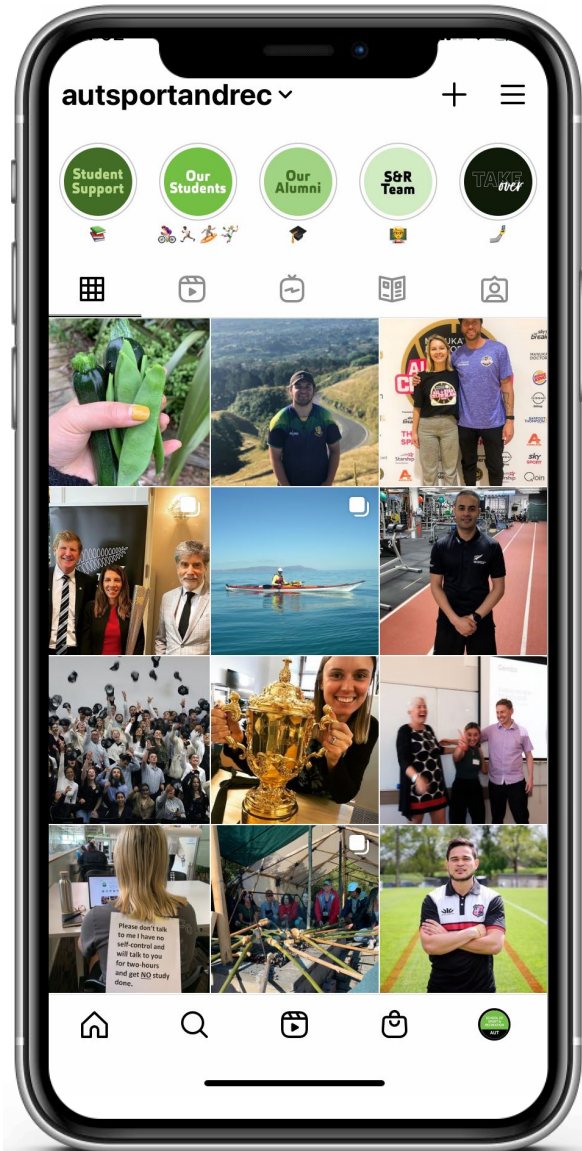
In many programmes, all students take the same papers (courses) in the first semester, which gives them a good overview of their study area and makes it easier to choose what areas they want to focus on later on in their studies.

To find out more about key dates in the AUT semester visit [www.aut.ac.nz/keydates](http://www.aut.ac.nz/keydates)



# School of Sport & Recreation





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# AUT

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**Thank you!**  
**QUESTIONS?**



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Business  
and  
Sport and  
Recreation

