

BACHELOR OF SPORT AND EXERCISE SCIENCE 2025



Information for international applicants

Napier

Do you want to turn your passion for sport and exercise into a career packed full of physical activity?

With a degree in sport and exercise science that's exactly what you'll get as you immerse yourself in sports development and research, performance and management. You could find yourself in a gym, a sports science lab, a community exercise setting or out on the field coaching or managing individuals and teams as they strive to be the best they can be in the sports and exercise world.

You'll acquire a wide range of skills for communicating, negotiating, researching and problem-solving with people from all walks of life, from the serious sports professional to the casual gym-goer.

CAREER OPPORTUNITIES

The Bachelor of Sport and Exercise Science (BSES) provides pathways and employment possibilities across the sport and exercise landscape.

WELLBEING, LIFESTYLE AND HEALTH PROMOTION

Consultation and exercise prescription, Green Prescription advisor, corporate wellness consultant, special needs populations activity facilitator, community health initiatives.

EXERCISE AND CONDITIONING

Business owner, personal trainer, group fitness instructor, team trainer/conditioner.

SPORTS ADMINISTRATION AND MANAGEMENT

Sports coordinator, development officer, regional coordinator, player liaison, administrator, sponsor manager.

SPORTS COACHING AND LEADERSHIP

Coach, coach educator, sports coordinator, team manager, player liaison, player life-skills coach, referee/official.

COMMUNITY RECREATION MANAGEMENT

Recreation officer, recreation programmer, special needs programmer, facility management, business owner.

SPORT SCIENCE AND SUPPORT

Mental skills analysis trainer, exercise physiologist, biomechanist, team trainer/conditioner, research technician.

Through additional training you may undertake postgraduate study (e.g. masters degree) or alternative careers such as physical education teaching or sport journalism.

CAREER OUTLOOK

Visit the following websites for the latest information about job opportunities in New Zealand for your chosen career path.

careers.govt.nz | mbie.govt.nz | immigration.govt.nz



"The degree programme is very interactive. The teachers are highly qualified, motivating and friendly and they have helped me without any hesitation."

RYNOLD TIMOTHY | India

BACHELOR OF SPORT AND EXERCISE SCIENCE

Start	17 February, 21 July* <small>* Dependent on course availability a mid-year start might entail 3.5 years of study.</small>
Length	3 years full-time
Level	7
Credits	360 credits (3 years) - 120 credits per year
Fees ¹	NZ\$26,000 per year
IELTS	6.0 (academic) with no band lower than 5.5 or equivalent OR accepted international equivalent qualification
Class times	On-campus classes are scheduled between 8.00am-5.00pm, Monday to Friday. Approximately four classroom hours per course per week.
Self-directed study	Approximately two hours for each classroom hour.

1. All fees shown in this information are in New Zealand dollars and include Goods and Services Tax (GST) at current rates. If you need to study for more than one year to complete your qualification, your fees in the second year, and subsequent years, will not be known when you first enrol.



WHAT YOU WILL LEARN

The BSES programme is a full-time, three year programme that offers stimulating degree studies, enabling you to become a highly regarded industry professional within the sport, health and exercise science sectors.

The programme enables graduates to enter employment in the sport, exercise and recreation industry with a sound knowledge of:

- Anatomy and physiology
- Exercise and sport science
- Nutrition and health
- Sport coaching and psychology
- Industry projects
- Research and professional practice skills

This programme is designed to develop a range of transferable skills including:

- Technical skills related to sport and exercise science.
- Communication skills necessary for negotiation, coaching, scientific and management level presentations.
- Research skills, critical thinking and problem-solving skills necessary to evaluate new information, concepts and evidence from a range of sources.
- Professional skills which meet the needs of industry and society/communities, and that will enable you to continue to consolidate, apply and extend your knowledge.

ENTRY CRITERIA¹

ACADEMIC ENTRY REQUIREMENTS

Applicants must meet degree standard entry requirements. Approved bridging/foundation programmes include: the NZ Diploma in Sport, Recreation and Exercise, and the NZ Diploma in Wellness and Relaxation Massage.

HEALTH AND PROFESSIONAL REQUIREMENTS

All applicants are required to sign:

- A Police Vetting Service Request and Consent form; and
- A declaration that they are in good health (having no medical, physical or psychological conditions that would preclude working with vulnerable clients).

This request is consistent with industry expectations and the type of work undertaken whilst on the programme or as a graduate of the programme.

If the declaration identifies any issue that may impact on the applicant's ability to complete the programme, the applicant can discuss these with the Programme Coordinator at an information session. EIT reserves the right to decline entry to the programme should an

applicant's Police record or health difficulties be such that they would be considered unsuitable for the type of work undertaken whilst on this programme or by graduates of this programme. The guidelines on which this decision will be based are the relevant professional association or industry requirements.

ENGLISH LANGUAGE ENTRY REQUIREMENTS

PTE (Academic) score of 50 with no band score lower than 42 or IELTS (Academic) score of 6.0 with no band score lower than 5.5 (or equivalent) achieved within the last two years.

FACILITIES

Practical studies take place in the Pettigrew Green Arena Hawke's Bay and the EIT Institute of Sport and Health at the Mitre 10 Sports Park. These facilities include a practical teaching space, an exercise science laboratory, a theatre for lectures and presentations for up to 80 people, changing rooms, consulting rooms, office and administration area and a massage room. Students complement their studies with access to the EIT Sport Science laboratory for advanced testing.



¹. To study onshore in New Zealand, students must meet current Immigration New Zealand requirements for a student visa. For more information please see the [Immigration New Zealand website](#).

². Further information about NZQA English language entry requirements for international students can be found at www2.nzqa.govt.nz/tertiary/english-language-entry-requirements-for-international-students/



PROGRAMME INFORMATION

The BSES is a 360 credit degree programme consisting of 14 compulsory courses and 30 optional or elective courses.

COURSE DESCRIPTIONS

YEAR ONE - Compulsory Courses

COURSE NO.	BRIEF DESCRIPTION	LEVEL	CREDITS
BSES5.001	Health, Activity and Nutrition The aim of this course is to equip students with knowledge and skills relating to health, activity and nutrition to the context to individuals, groups and communities.	5	15
BSES5.003	Te Tū Rangatira - Professional Project The aim of this course is to provide students the opportunity to develop professional skills and knowledge to an industry standard through participation in a project.	5	15
BSES5.005	Sport and Recreation Management The aim of this course is to equip students with knowledge and understanding of management within sport and recreation.	5	15
BSES5.006	Te Aranga Ake - Community Project The aim of this course is for students to plan a community project in response to stakeholder consultation and evaluate its effectiveness.	5	15
BSES5.007	Exercise Assessment and Programming The aim of this course is to equip students with the knowledge and practical skills required to design and deliver exercise programmes for an individual and/or group.	5	15
BSES5.008	Anatomy and Physiology The aim of this course is for students to develop knowledge of the human body systems that underpin sport and exercise science.	5	15
BSES5.009	Te Pūtake Tuatahi The aim of this course is for students to develop the knowledge, skills and attributes to apply their understanding of Te Ao Māori in their professional practice in sport, recreation, exercise and play contexts.	5	15
BSES5.010	Coaching and Leading The aim of this course is to develop skills and knowledge to effectively organise and lead sport and recreation projects for individuals, groups and communities.	5	15





YEAR TWO - Compulsory Courses

COURSE NO.	BRIEF DESCRIPTION	LEVEL	CREDITS
BSES6.002	Health Promotion The aim of this course is for students to develop knowledge of global health issues, measures and interventions associated with sport and exercise science.	6	15
BSES6.004	Sport Psychology and Sociology The aim of this course is to enable students to develop skills, knowledge and competencies to work with athletes and teams by applying a range of psychological and sociological concepts that support sport performance.	6	15
BSES6.007	Skill Acquisition The aim of this course is to enable students to develop knowledge of factors underlying the acquisition, performance and control of skills movements in sport and exercise.	6	15
BSES6.008	Research Skills The aim of this course is for students to develop knowledge of research skills, research design and methodology used in sport and exercise science.	6	15
BSES6.009	Strength and Conditioning The aim of this course is to enable students to develop strength and conditioning knowledge and skills required for the physical preparation for sport.	6	15
BSES6.010	Biomechanics The aim of this course is to enable students to develop knowledge and skills to apply biomechanical principles to sport and exercise performance.	6	15
BSES6.011	Exercise Physiology The aim of this course is to enable students to develop knowledge and skills of physiological system testing, responses and adaptations to exercise.	6	15
BSES6.012	Sport and Exercise Nutrition The aim of this course is to enable students to develop and skills using nutritional principles and guidelines to support sport and exercise.	6	15

YEAR THREE - Compulsory Courses

COURSE NO.	BRIEF DESCRIPTION	LEVEL	CREDITS
BSES7.006	Advanced Studies in Sport Psychology and Sociology This course aims to enable students to develop advanced knowledge, research methodologies and practical skills to work with individuals, groups and/or communities by applying a range of sociological and psychological theories and concepts to support the critical analysis of sport.	7	15
BSES7.007	Applied Skill Acquisition and Biomechanics This course aims to enable students to develop the knowledge and skills to apply principles of skill acquisition and performance technique analysis to enhance performance in sport and exercise.	7	15
BSES7.008	Applied Exercise Physiology and Nutrition This course aims to enable students to develop the knowledge and skills to conduct, critically analyse, and communicate exercise physiological and nutritional concepts in an applied sport and exercise setting.	7	15
BSES7.009	Applied Strength and Conditioning This course aims to enable students to develop the knowledge and skills to enhance sport and exercise performance through physical conditioning.	7	15
BSES7.011	Whakapakari - Industry Project The aim of this course is for the student to collaborate within the sport and exercise industry to make a meaningful contribution.	7	30



YEAR THREE - Optional and Elective Courses

COURSE NO.	BRIEF DESCRIPTION	LEVEL	CREDITS
BSES5.009	Te Pūtake Tuatahi The aim of this course is for students to develop the knowledge, skills and attributes to apply their understanding of Te Ao Maori in their professional practice in sport, recreation, exercise and play contexts.	5	15
BSES7.003	Career Management The aim of this course is to provide students with industry relevant knowledge and skills required to independently plan and manage their career.	7	15
BSES7.004	Innovation The aim of this course is to develop students' ability to integrate a range of innovations in sport and exercise in their professional practice.	7	15
BSES7.012	Te Pou Hākinakina - Sport and Exercise Science Project The aim of this course is to develop students' sport and exercise science skills and knowledge and application with individuals, groups or communities.	7	60
Electives	You can take 30 credits' worth of elective courses from Level 5, 6 or 7 for which you have the necessary prerequisites.		

THE EXPERIENCE YOU NEED
& THE SUPPORT TO SUCCEED

When you study at EIT you'll get the kind of experiences that will help you gain the knowledge and skills to get ahead.

You'll also be supported by lecturers and tutors who are here for you, within a learning environment where you are treated as an individual, not just a number. They'll know your name and you'll receive one-on-one attention to make sure you get the support to succeed.



Disclaimer: All information pertains to international students, and is correct at the time of publication but is subject to change without notice. The programme fees, other costs, entry requirements, duration and programme start dates are for 2025 and are listed as a guide only. Conditions apply. EIT (a Business Division of Te Pūkenga – New Zealand Institute of Skills and Technology) reserves the right to cancel or postpone any programme or course for any reason and shall not be liable for any claim other than that proportion of the programme fee which the cancelled or postponed portion bears.