



**MASSEY  
UNIVERSITY**

TE KUNENGA KI PŪREHUROA

UNIVERSITY OF NEW ZEALAND

# SPORT AND EXERCISE STUDY ABROAD



[massey.ac.nz/studyabroad](https://massey.ac.nz/studyabroad)



## Health at Massey

The 21st century brings new challenges and demands both new solutions and new health professionals. A leader within New Zealand, Massey's College of Health takes a fresh approach to optimal health and well-being, and promotes equity and social justice.

It embodies the outcome of multiple factors encompassing individual differences, diversity, social determinants and environmental interactions. We make a difference in a wide range of health-related areas like applied social research, health system strengthening, workforce development, environmental health, public health policy, sleep, sport and exercise, and nutrition.

Our specialists focus on preventing illness and injury, understanding the mechanisms of health and well-being, promoting healthy lives, advising on policy that supports these activities, and finding ways to keep people and communities well.

## Studying at Massey

Spending one or two semesters studying at Massey will give you the international experience future employers want to see on your resume. The Centre for Teaching and Learning aims to help you develop good study practices and examination skills.

The School of Sport, Exercise and Nutrition offers a wide range of courses that can credit back to your major and minor. The courses can be studied at our Auckland or Manawatū campuses or via distance.

[learning.massey.ac.nz](http://learning.massey.ac.nz)



## International Student Support

Our International Student Support teams are here to help you succeed academically and personally throughout your studies. We can help with any questions you may have including: visa renewals, insurance, accommodation, transport to campus and general campus information.

We are here to support your well-being and can help you connect with the relevant support services available to you. We run a number of events and activities throughout the semester.

[isso.massey.ac.nz](http://isso.massey.ac.nz)

## Study Abroad

Massey University welcomes students from around the world to complete a semester or year of Study Abroad on one of our three campuses in New Zealand or online from your home country.

Studying at one of Massey's three campuses is a great way to experience the Kiwi lifestyle, explore a beautiful country, and make new friends, all while gaining academic credit toward your degree.

These Sports and Exercise Study Abroad options help boost your sporting talents and capabilities while studying overseas.

[massey.ac.nz/studyabroad](http://massey.ac.nz/studyabroad)



## Outstanding Facilities

Massey is committed to ensuring an active, enriching campus life and has excellent facilities on each of our campuses as well as associations and clubs to meet the needs of the student community.

Our first-class facilities, including the Human Performance Laboratory, Sport and Rugby Institute, athletics track and sports fields, provide the perfect environment to learn and apply your knowledge.



# Sport Development

Sport Development is an exciting, multi-disciplinary area of the sport industry.

It can relate to the 'development OF sport' (including participation, programme provision and athlete pathways) and the wider society based 'sport FOR development' (including enhancing social change, highlighting the values of sport, and establishing corporate social responsibility partnerships and initiatives).

Studying Sport Development will prepare you for work in this varied and fast-growing area of the sport industry.

Potential careers and fields of employment include:

- Local, regional and national sport organisations
- Community outreach and corporate social responsibility
- Sport partnership manager
- Physical activity and health promotion
- Sporting activity, event and programme coordinator

## Course Structure

Please note, not all courses are available on all campuses.

### Semester One (Feb - June)

Massey recommends the following four options. However you can choose others as electives.

#### Course

- 234.131 Introduction to Sport Organisations and Development
- 234.243 Sport Pedagogy
- 152.237 Sport Event Management
- 152.326 Sport Business

### Semester Two (July-Nov)

Massey recommends the following four options. However you can choose others as electives .

#### Course

- 234.135 Sociology of Sport and Exercise
- 152.238 Professional Development for the Sport Industry
- 234.216 Sport and Community Development
- 234.331 Sport in the Social Context

# Sport Performance

Sport Performance combines the theory and practical application of key aspects of sport and exercise science. By choosing Sport Performance courses, you can gain an understanding of how to optimise athletic performance, and health, through the use of exercise, nutrition, coaching and psychology. Additionally, you can develop a deep understanding of how the body controls movement and responds and adapts to training. You'll develop critical thinking, problem-solving and communication skills relevant to this energy-fuelled and constantly progressing field.

Our graduates have gained successful employment in a wide variety of areas including:

- Clinical exercise testing
- Cardiac rehabilitation
- Personal training and sport coaching
- Health promotion
- High performance sport

## Course Structure

Please note, not all courses are available on all campuses.

### Semester One (Feb - June)

Choose up to four courses from the following list.

#### Course

- 214.131 Intro Food and Nutrition
- 234.223 Exercise Physiology
- 234.242 Motor Learning and Control
- 234.213 Fitness Assessment
- 234.324 Applied Sports Science
- 234.360 Sports Psychology
- 151.332 Nutrition for Sport and Performance

### Semester Two (July-Nov)

Choose up to four courses from the following list.

#### Course

- 234.121 Functional Anatomy
- 234.111 Training Principles and Practice
- 214.131 Intro Food and Nutrition
- 234.215 Fitness and Athletic Conditioning
- 234.214 Exercise Prescription
- 234.222 Sport Biomechanics
- 234.236 Applied Sport Coaching
- 234.361 Exercise Psychology



**Elias Bieri**  
Bachelor of Sport and Exercise

*"During my student exchange from the University of Bern, I enrolled in courses from the Bachelor of Sport and Exercise programme at Massey University. I found the courses very practically orientated, providing lots of information and interesting topics. The professors treat students very well."*

## About Massey

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Massey has a long, proud tradition of teaching and research excellence. Its heritage, geographic spread over three major cities, range of programmes and the flexibility of its distance teaching all mean it offers students from around the world the ability to tailor their study to meet their needs and at the same time connect closely with industry, professional organisations and local communities.

Massey has more than 5000 international students each year from 100 countries. It delivers teaching programmes in seven other countries, and has international teaching partnerships with tertiary institutions in 15 nations.

We recognise that choosing to leave your own country in order to achieve academic qualifications is a life-changing decision. I warmly invite you to be part of our diverse and stimulating student community.

**Professor Jan Thomas**  
Vice-Chancellor, Massey University

## Campuses

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Massey is unique amongst New Zealand universities - it is the only multi-campus university delivering rigorous academic programmes in three separate North Island city centres; Auckland, Palmerston North and Wellington.

Each campus provides full services to students including a library, cafeterias, recreation facilities, medical centre, learning support centre, university-managed accommodation, online visa renewal processing, chaplaincy services, and a team of international student support staff.

While Massey is a large, comprehensive university, the individual campuses have a strong community-feel, a study environment that encourages success, and a friendly, welcoming atmosphere. The academic programmes taught at each campus are complementary to the city and regional environment.



## Our Strength

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Massey University's College of Health is a dynamic hub of leading academics and researchers working together to solve the global health challenges of the 21st century.

Benefit from the expertise of our world-leading health researchers. Whether you're a student or research collaborator, you will work alongside the most innovative thinkers and experts in New Zealand.

You will learn from the best, with many of our staff involved in sport at the highest levels as competitors, coaches, administrators and managers.

Our research-active academic staff will teach you the most up-to-date information to help prepare you for the ever-changing and expanding world of sport and exercise.



### Dr Rachel Batty

Rachel has worked with and for a range of commercial and non-profit sport organisations, both in New Zealand and overseas. Her teaching, research and industry consultancy focusses on the development of sport-based community initiatives, partnerships and promotion opportunities.



### Professor Andy Martin

Andy has received a national teaching award, has successfully coordinated the professional development sport courses for students, managed many successful community triathlon events for all ages, and has been extensively involved with coaching and coach education in a range of sports.



### Dr Warrick Wood

An award-winning lecturer in sport and exercise psychology and also an applied mental skills trainer working with various elite athletes and teams in the areas of team culture and performance enhancement. Warrick is working closely with the NZ track cycling team as they prepare for the Tokyo Olympic Games.

## Contact

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**For more information please contact:**  
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