

2026 HEALTH AND SPORT

HAUORA ME TE HĀKINAKINA



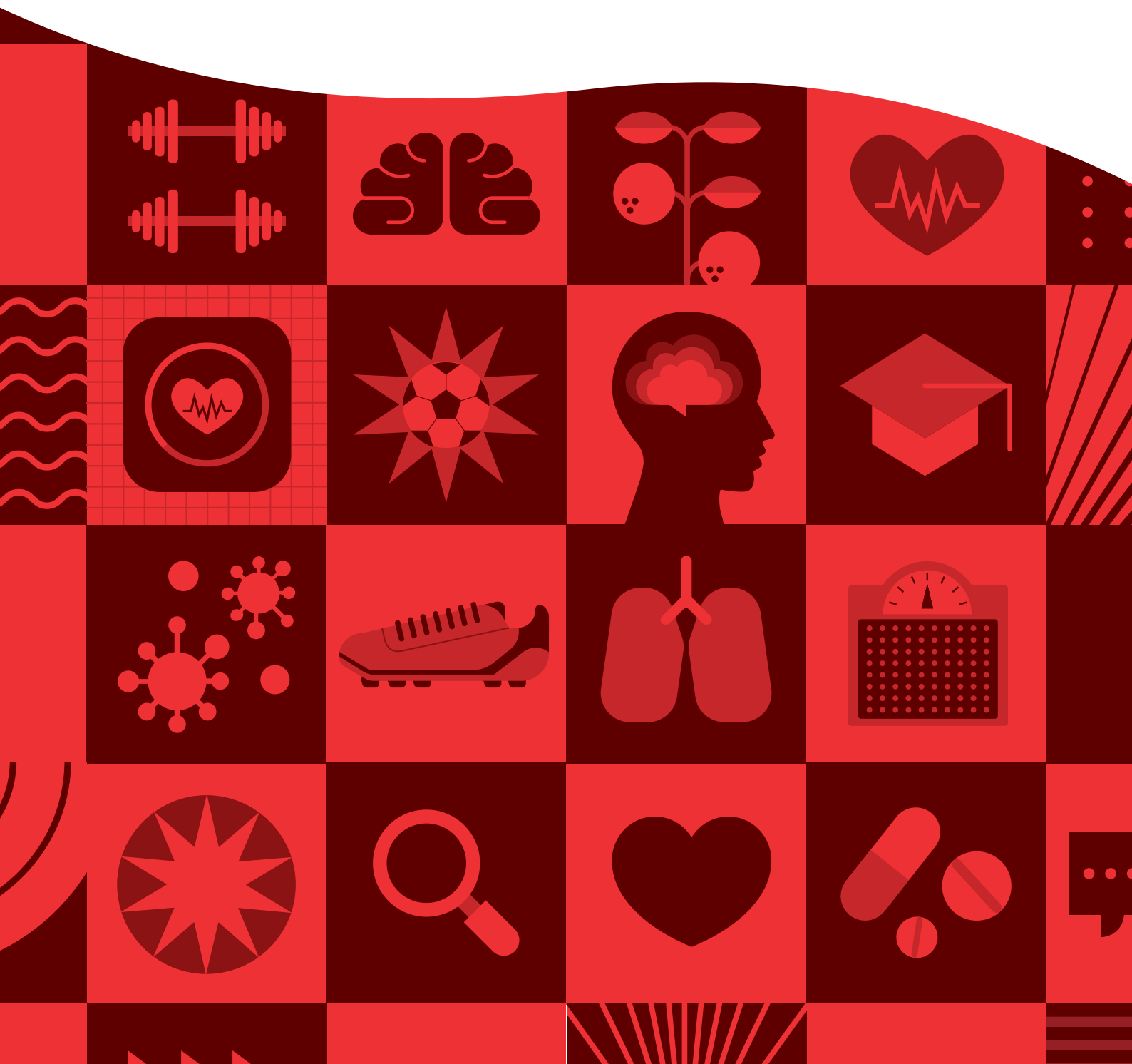
Bachelor of:

Health

Social Work with
Honours

Sport

Speech and Language
Pathology with
Honours





44,000

*Estimated number of
new jobs in the fitness and
sports sector by 2026*



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Rainbow Diversity Support



UC is proud to partner with Ngāi Tūāhuriri and Ngāi Tahu to uphold the mana and aspirations of mana whenua.

Kia ora

Being well involves taking care of our physical, mental, and spiritual health, and having positive connections with others. When we are able to focus on our personal wellbeing and that of our whānau and community, we all thrive.

The subjects in this brochure encompass different areas of sport and health — from physical activity, public health, and psychology to sport coaching, strength and conditioning, Māori and indigenous health and speech and language pathology. If you want to improve the health of people and communities, and set the future direction for health services in Aotearoa, then this is the area for you.

Take a look into this brochure to see what interests you; there are also ways to combine multiple interests and at UC we encourage students to explore the possibilities.

For any questions, contact a Future Students Advisor to get more information. See page 25 for contact details. Please recycle this brochure or pass it to someone who wants to learn more.





Source:
ChristchurchNZ



\$

*11% cheaper than Wellington
15% cheaper than Auckland*

Life in Ōtautahi Christchurch

It is easy to get around in Ōtautahi Christchurch, whether you walk, bike, ride the bus, or drive. UC is uniquely situated in Ōtautahi — with an open green campus, beautiful gardens, and a river running through.





365+

*walking, hiking, and
mountain biking trackss*

1. UC campus

**2. University of Canterbury
Student Association
(UCSA)**

3. UC accommodation

**4. Supermarket and
restaurants**

15-minute walk from UC

5. Westfield shopping mall

5-minute drive from UC

**6. Central business district
(CBD)**

10-minute drive from UC

7. Port Hills

20-minute drive from UC

8. Beach

20-minute drive from UC

9. Airport

10-minute drive from UC

10. UC sports field





Studying Health and Sport at UC

Diverse study options

Health and Sport involves a wide range of courses, specialisations, and study opportunities that suit your interests and expertise — from Physical Activity to Speech and Language Therapy, and more.

See **page 8** for a list of health and sport subjects you can study at UC.

Supporting community oranga

Health and Sport at UC has at its heart a focus on wellness, prevention, and improving community outcomes. Healthcare is an incredibly important career field as we are in a world that needs frontline nurses, psychologists, health promoters, and more. If you want to make a difference in your community, this study area is for you.

Supporting athletes

Studying at UC provides the opportunity to develop personal sporting skills while earning a degree that supports your passions. Many of our students are successful athletes in Waitaha Canterbury sporting teams, and studying in the health, sport, and wellbeing subject area complements their sporting and career goals.

Applied learning

Learning at UC is more than taking notes in a lecture theatre. You will be putting your skills into practice by playing and coaching sports, designing and running activities around healthy living, and engaging with people and communities in need.

There are opportunities to complete internships and projects within the University at UC Rec and Sport, our Speech and Language Clinic, and with organisations like the Crusaders, Mainland Tactix, Sport Canterbury, Pegasus Health, Nurse Maude Association, and Te Whatu Ora.

Passionate experts

Our lecturers take an interprofessional approach to teaching and engaging with international experts from a range of health, sport, and wellbeing disciplines. The latest research is incorporated into courses and programmes, so you gain knowledge as it is developing in the field. Our lecturers are there to support you every step of your degree and are always willing to give you extra help or advice.

Learning environment

UC's Performance Education and Training Centre laboratories provide you with a dynamic environment filled with sport-related technologies, testing, and performance equipment. Adaptable labs transform from lesson to lesson — one day you'll be using radar equipment to gauge throwing speeds, the next a trampoline to test the effects of short-burst interval training on fitness gains.



Health programmes have smaller classes that set the scene for open discussions and group work. Guest lecturers introduce their expertise and research on areas such as health interventions, mental well-being, adolescent health, and problematic substance abuse.

Speech and Language Pathology students are present at appointments and work under the supervision of qualified clinicians at UC's Speech and Hearing Clinic where a comprehensive range of professional services are available for people with communication difficulties or swallowing problems.

Student culture

UC has one of the best student cultures in tertiary education within Aotearoa. Sport, health, and wellbeing are well represented in UC's clubs including the UC Rugby Club (which has seen many All Blacks and Black Ferns), Hockey, Football, CUBA snow sports and surfing, orienteering, basketball, HealthSoc, SpeechSoc, and Lads without Labels.

Indigenous knowledge

Kaupapa Māori is integrated into many of our courses, allowing you to explore Māori values, understand the relevance and application of Indigenous knowledge to your chosen discipline.

Te Wero – Māori Health Issues and Opportunities is a first-year course where Health students are introduced to historical and contemporary Māori health content, and are challenged to consider the promise of Maori health and its significance for current and future Aotearoa.

Work-Integrated Learning

Set yourself apart by engaging with Work-Integrated Learning (WIL) at UC. As part of your degree, you are able to apply what you learn in your courses to practical settings like internships, projects, and competitions with industry.

This hands-on approach not only enriches your education, but also helps you develop essential skills, gain valuable industry insights, and build a professional network — so you can put your best foot forward as you transition into work.



“The internship opportunities in my degree allowed me to get my foot in the door within Sport Canterbury and gave me more of an insight into the health field as well as a hands-on experience. If you're passionate about health and well-being and want to build your confidence, then this degree is definitely suited for you.”

Olivia
Bachelor of Health Science in
Health Education

Kupu pātahi | Common terms



Degrees

Degrees are a type of qualification you can study at university — there are several types of qualifications varying in level of study and length of time, such as:

Bachelor's degrees

A bachelor's degree is an undergraduate qualification that usually takes 3–4 years to complete. We offer many bachelor's degrees.

Double degrees

Some bachelor's degrees can be studied together. This option involves more study, but you can specialise in different areas, opening up a wider range of career options. See [page 21](#).

Certificates and Diplomas

If you are unable to study a full degree, or want to add some additional study to your degree, you could complete a certificate or diploma. These have fewer courses and are often completed in 6 months to a year.

Subjects

Subjects are areas you can study in your degree. Some subjects you can continue from secondary school such as Music, Health, English, while some you can start new at UC eg, Te Reo Māori, Speech and Language Pathology, Psychology.

Major

A major is the subject you choose to specialise in all the way to the final year of your bachelor's degree. For example, a Bachelor of Health majoring in Psychology. See [page 21](#).

Double major

You can sometimes choose to specialise in two subjects that you're interested in (double major). These can be completed in the same time as a single major without the extra workload. See [page 21](#).

Minor

A minor is another smaller subject focus you can take in your degree, which you won't study as extensively as a major. For example, a Bachelor of Sport majoring in Performance Data Analysis with a minor in Nutrition. See [page 21](#). It is not compulsory to do a minor.

Courses

A course is a specific topic within a subject, for example an American history course within the History subject. This involves lectures, assignments, and other forms of study. Your degree is made up of multiple courses.

Points

Each course has a points value (similar to credits from NCEA). You will need to complete a certain number of points overall to successfully finish your study.

Semester

The academic year is split into three periods of study. One semester is the equivalent of two terms at secondary school.

- Semester 1: February – June
- Semester 2: July – November
- Summer: November – February.

More information

Please contact the Future Students Office for degree and subject planning advice. See [page 25](#) for contact details.

futurestudents@canterbury.ac.nz

Kaupapa Subjects



Kaupapa | Subjects

Exercise and Sport Nutrition*

* subject to CUAP and TEC approval

With an growing focus on lifestyle and holistic approaches to health, there is a demand for professionals who can offer evidence-based and customised advice on exercise and nutrition.

Nutrition education aligns well with interests in wellness, health promotion, and environmental sustainability. If you want to design effective interventions to promote health and wellness, then this subject could be for you.

What will my study involve?

- Meet the requirements for professional accreditation as an Associate Registered Nutritionist.
- Identify nutritional practices for athletes, recreational exercisers, and groups with specific nutritional needs.
- Learn the effects of nutritional supplements on anatomy and sporting performance.
- Learn about preventive health and how to design evidence-based exercise and nutrition interventions to promote health and wellness.

Courses

The Exercise and Sport Nutrition major will equip students with essential knowledge in metabolism, physiology, and chronic disease management, which are foundational to clinical exercise physiology.

Topics can include:

- assessing body composition, fitness, and dietary habits
- evidence-based practice and research
- designing therapeutic exercise programs
- knowledge and skills in behaviour change techniques which supports long-term adherence to healthy habits.

canterbury.ac.nz/courseinfo

Career opportunities

There is both health sector and fitness industry need for expertise in exercise and sport nutrition as well as skills and knowledge of preventive health. Registered nutritionists and food policy experts are in high demand in hospitals, schools, research institutions, and food production sectors.

Graduates can complete postgraduate study to gain full registration as a Nutritionist.

Career pathways could include:

- person trainer
- sport nutritionists
- exercise physiologists
- food policy expert
- health coaches
- health improvement practitioners (HIPS) in primary care

canterbury.ac.nz/life/jobs-and-careers

Study Exercise and Sport Nutrition:

- Bachelor of Health

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Health
- Diploma in Health

Health Education

If you are interested in helping people and communities empower themselves, then Health Education is for you.

This subject revolves around understanding population health issues and learning how to teach people to adopt healthier lifestyles to enhance their health and wellbeing.

What will my study involve?

- Understand how to build people's health literacy.
- Develop a toolbox of teaching strategies that can be used at personal, interpersonal, and community level.
- Build confidence in presenting and facilitation.
- In your final year, complete an internship where you can apply what you have learnt and start your Health Education professional journey.

Courses

First-year courses are designed to give you an introduction into Health Sciences and teach you fundamental concepts that will be built on in the following years of your study.

Topics can include:

- sexuality education
- mental health and building resilience
- programme planning and facilitation
- health promotion through physical activity.

canterbury.ac.nz/courseinfo

Career opportunities

Your studies will equip you to work in different areas of health-related institutions and agencies such as the National Public Health Service, high schools, Family Planning, and the Mental Health Foundation.

Career pathways could include:

- health promoter
- health education teacher
- whānau support worker
- wellbeing coordinator.

canterbury.ac.nz/life/jobs-and-careers

Study Health Education:

- Bachelor of Health

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Health
- Diploma in Health

Health Science*

* subject to CUAP and TEC approval

An increasingly complex healthcare sector needs those who can combine physiology and biology with a broader understanding of public health. If you want a strong scientific foundation to meet challenges such as aging populations, infectious diseases and technological innovations in healthcare, then this could be the subject for you.

What will my study involve?

- This subject is an excellent pathway into further study in clinical health programmes like nursing, clinical exercise physiology, medicine, or physiotherapy.
- Study a range of topics such as bioscience, anatomy, exercise physiology, health planning, and policy.
- Study a range of topics such as health services, mental health and wellbeing, sexual health, gender identity, environmental effects on communities, Māori and Indigenous people's health.
- Opportunities to complete work internships in health-related workplaces.

Courses

Gain an integrated understanding of health through exploring bioscience, in addition to health planning, systems and policies.

canterbury.ac.nz/courseinfo

Career opportunities

This subject should appeal if you are interested in careers at the intersection of science and healthcare.

Career pathways could include:

- healthcare researchers
- health protection officer
- public health policy analyst
- health promoter
- health communication advisor.
- canterbury.ac.nz/life/jobs-and-careers

Study Health Science:

- Bachelor of Health

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Health
- Diploma in Health

Health Studies*

* subject to CUAP and TEC approval

Health Studies is a great opportunity to combine your passion for health with your other studies. This flexible minor allows for students in a degree outside of the Bachelor of Health to focus on any aspect of the health curriculum.

What will my study involve?

- Study all things health from health education, building resilience, Māori health to anatomy and physiology and nutrition.
- Choose your topics and focus on the area of health of your choice.
- A minor in non-health degrees so you can focus on your health interests in combination with many other fields of study.

Courses

Our courses cover a range of themes in health, including public health, health promotion, health education, psychology and te ao Māori.

Topics can include:

- Exercise and Sport Nutrition
- Anatomy and Physiology
- Pacific Health
- Environmental and Occupational Health
- Health and Wellbeing

canterbury.ac.nz/courseinfo

Career opportunities

You study could lead to many different careers working with clients or athletes in the health sector.

Career pathways could include:

- support worker
- health coach
- health planning
- whānau support worker.
- canterbury.ac.nz/life/jobs-and-careers

Study Health Science:

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Māori and Indigenous Health

The Māori and Indigenous Health major combines Indigenous culture and practices with health and social services.

You will learn the content and skills to support community healthcare access and health outcomes in a way that respects their values and identities.

What will my study involve?

- Explore different areas of Māori health and wellbeing: Te Ao Tangata (engaging with Māori communities), Te Ao Hauora (working with health professionals such as doctors and pharmacists), and Ngā Ratonga Hauora (working with health systems and social services).
- Apply your study skills and support Māori wellbeing directly within local services through an internship.

Courses

You will critically analyse current health services and policies with regards to how they represent Māori, and learn how best to encourage Māori to engage with these.

Topics can include:

- Aotearoa health policies
- rongoā Māori traditional healing and public health science
- tino rangatiratanga in health systems
- Māori and Pacific health statistics.

canterbury.ac.nz/courseinfo

Career opportunities

Your learning and experiences will contribute to health and social services that improve equity for all communities in Aotearoa New Zealand, particularly Māori and Pasifika.

Career pathways could include:

- Health promoter or advisor in the National Public health service
- Māori and Pacific health organisations
- public health analyst
- health promotion
- community health liaison with whānau.

canterbury.ac.nz/life/jobs-and-careers

Study Māori and Indigenous Health:

- Bachelor of Health

Mental Health and Addiction*

* subject to CUAP and TEC approval

Mental health is a critical global priority, with rising rates of depression, anxiety, and substance abuse affecting diverse populations. Learn how you can help meet these urgent needs to reduce health inequity, and promote community resilience.

What will my study involve?

- Learn from academics experienced in Counselling, Child and Family Psychology, Social Work, and Nursing.
- A focus on culturally responsive mental health and addiction services.
- You will be exposed to diverse cases, and professional networking opportunities, and clinical placement..

Courses

In addition to core knowledge of health and community wellbeing, this specialisation will cover topics such as social services in Aotearoa, foundations of mental health and addictions, behaviour change, and work experience.

canterbury.ac.nz/courseinfo

Career opportunities

This subject will enhance your problem-solving abilities by exposure in real-world, often complex scenarios, and assist to build your confidence and employability by providing supervised, practical experience.

The Mental Health and Addictions major is a major step in becoming accredited with the Drug and Alcohol Practitioners' Association Aotearoa New Zealand (DAPAANZ) as an applied addictions professional.

Career pathways could include:

- peer support and where relevant, lived experience advisor
- front line health worker and other roles in specialist Mental health and Addiction services
- Mental health related policy analysis
- health promotion.
- canterbury.ac.nz/life/jobs-and-careers

Study Mental Health and Addictions:

- Bachelor of Health

Nutrition

Good nutrition is important to maintain everyday wellbeing and to reach peak sporting performance.

During your studies, you will learn how to educate and work with clients to meet nutritional goals and prescribe health and sport-specific programmes.

What will my study involve?

- Identify nutritional practices for athletes, recreational exercisers, and groups with specific nutritional needs.
- Learn the effects of nutritional supplements on anatomy and sporting performance.
- Become part of UC's recognised expertise in nutrients and supplements and their effects on mental health disorders and wellbeing.

Courses

These courses will introduce you to our growing knowledge around food science and mental wellbeing. You will learn how to evaluate clients' personal needs and prescribe diets, supplements, and other nutrients to help enhance fitness performance, injury recovery, and overall health.

Topics can include:

- nutrition and exercise prescription
- anatomy
- recovery monitoring
- performance nutrition.

canterbury.ac.nz/courseinfo

Career opportunities

Professional knowledge around metabolism and healthy eating, nutrient timing, and nutritional supplements will enable you to pursue a rewarding career helping others with their health and wellbeing goals, and to achieve their best athletic performance.

Career pathways could include:

- fitness coach
- nutritional advisor/nutritionist
- health educator
- corporate wellness consultant.

canterbury.ac.nz/life/jobs-and-careers

Study Nutrition:

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Performance Data Analysis

Performance Data Analysis examines statistical data captured during sporting events to develop game plans and winning strategies.

In this subject, you will learn how to use tracking tools and capture software to observe matches and find ways to improve performance.

What will my study involve?

- Learn how to gather data to forecast results, identify patterns, and track strengths and weaknesses of the opposition.
- Use 3D performance capture technology and other sport science and computer lab equipment within UC's Performance Education and Training Centre.
- Internship experiences within professional sporting teams so you can learn first-hand about implementing advanced tactics and improving performance.
- Earn accreditation using performance analysis software.

Courses

Study the basics of sport science and monitoring athletes using different technology so you can go on to developing training methods and gameplay techniques.

Topics can include:

- data analysis software
- biomechanics and physiology
- game plans and strategy
- sport psychology.

canterbury.ac.nz/courseinfo

Career opportunities

Performance analysis is a key part of sports and fitness industries to help make profits from winning matches and competitions.

Career pathways could include:

- performance analyst
- sport coach
- exercise scientist
- sports commentator.

canterbury.ac.nz/life/jobs-and-careers

Study Performance Data Analysis:

- Bachelor of Sport
- #### As a Minor:
- Bachelor of Arts
 - Bachelor of Commerce
 - Bachelor of Digital Screen with Honours
 - Bachelor of Health
 - Bachelor of Product Design
 - Bachelor of Psychological Science
 - Bachelor of Science
 - Bachelor of Social and Environmental Sustainability
 - Bachelor of Sport
 - Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Sport Coaching

Physical Activity

Studying Physical Activity focuses on developing the skills and knowledge needed to help people and communities make healthier choices and become more physically active.

What will my study involve?

- Choose from a variety of health and sport courses such as nutrition, injury and rehabilitation, sporting culture, and team coaching.
- Complete your studies through lectures, practical workshops, assessments in labs, and in the field.
- This subject can be studied as a minor under many different degrees and can be combined with your other study interests.
- You can follow up your studies with a one-year teaching degree to become a qualified health or physical education teacher.

Courses

Throughout your studies, you will be introduced to the biomechanics of exercises, explore the benefits of physical activity on the body, and delve into the sociology and culture of sport.

Topics can include:

- exercise physiology theory and practice
- nutrition programme development
- injury prevention, treatment, and management
- anatomy science.

canterbury.ac.nz/courseinfo

Career opportunities

Studying Physical Activity is a great choice for anyone wanting to help with common health issues and attitudes to fitness. You will gain technical knowledge of exercise and movement science, as well as the management and teaching skills to support people in their wellbeing.

Career pathways could include:

- health promoter
- physical educator
- sports programme coordinator
- community support worker.

canterbury.ac.nz/life/jobs-and-careers

Study Physical Activity:

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Health
- Diploma in Health

Physical Activity and Wellbeing

Physical Activity and Wellbeing studies teaches you how to inspire people to move more and improve their physical and mental health.

Explore ways of helping others make healthy choices and improve opportunities and access to sports and physical activities.

What will my study involve?

- Learn how to educate others on caring for their physical health and the benefits this has on the body and mind.
- Develop methods in motivating ourselves to engage in recreational exercise, outdoor adventure, training regimes, and more.
- Study the wider implications of healthy, physical lifestyles on other aspects of society, including relationships, mental health, skill-building, and cultural impact.
- Gain practical experiences working with diverse groups throughout your degree and in encouraging more inclusive and equitable practices in sporting and health industries.

Courses

Learn how exercise and movement benefits our health, and also how wellbeing affects us on a wider scale — our environment, sociology, economy, and culture.

Topics can include:

- anatomy
- Māori health perspectives
- nutrition
- sports psychology — teamwork, perseverance, management.

canterbury.ac.nz/courseinfo

Career opportunities

Alongside skills in managing, coaching, and educating others on physical wellbeing, this study also gives you the tools to work towards promoting a healthier Aotearoa on a wider scale.

This kind of expertise could lead to a wide range of careers working with everyday exercises through to professional athletes, or even with sporting or health industry management and programme coordinators.

Career pathways could include:

- sports coordinator
- personal trainer
- health educator
- sports psychologist.

canterbury.ac.nz/life/jobs-and-careers

Study Physical Activity and Wellbeing

- Bachelor of Health*
- Bachelor of Sport

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Health
- Diploma in Health
- Certificate in Sport Coaching

Professional and Community Engagement

Professional and Community Engagement (PACE) courses are all about applying what you learn in your studies to a non-academic "real-world" setting.

PACE is an ideal complement to your degree – take it as a one-off course or as a minor in your degree programme. PACE courses provide an opportunity to give you confidence in the workplace.

What will my study involve?

- Half of PACE courses are held as workshops where you can develop professional skills and half in the workspace where you can put that knowledge to use.
- You will be matched with your internship based on your studies and your interests. Past internships include media and communications, event organisation, marketing, health, and policy analysis.

Courses

From second year, you can add a workplace project or an internship to your studies.

Topics can include:

- internship projects (based on your degree subject)
- project management process
- career development portfolio and CV building
- presentation skills.

canterbury.ac.nz/courseinfo

Career opportunities

PACE students have an edge over other graduates. Learning to identify the strengths you bring to the workplace and understanding how your degree has prepared you to work with local and international communities will give you the confidence you need to enter your new career.

canterbury.ac.nz/life/jobs-and-careers

Study PACE:

PACE can be taken as a one-off course in many degrees, or studied as a minor in some degrees. Learn more about PACE on our website.

Psychology

Psychology is the scientific study of behaviour and associated biological, cognitive, and social processes in humans and other animals.

Studying Psychology will explore how the brain works, and looks into theories to gain an understanding of behaviour in individuals and groups.

What will my study involve?

- Explore a range of psychopathologies such as anxiety, depression, and addiction with leading experts and researchers.
- Practical lab work where you will be able to perform physical assessments.
- UC has a Psychology Clinic where you can receive training, and has working relationships with Te Whatu Ora Health | New Zealand Waitaha Canterbury, and Ara Poutama Aotearoa | Department of Corrections, offering opportunities for research and clinical internships.
- Psychology can be studied in many bachelor's degrees, can be customised to your specific preferences, and complement your other studies.

Courses

Begin your studies with the basics of psychology – the science of the brain and personality. Later you will learn more in-depth topics in psychology and develop your data and analytical skills.

Topics can include:

- biological psychology
- social change and learned behaviours
- neurodiversity
- forensic and criminal psychology.

canterbury.ac.nz/courseinfo

Career opportunities

Studying Psychology at UC will open up careers in many different fields due to the unique set of skills you learn. Further postgraduate study can lead to professional registration as a child and family psychologist or clinical psychologist.

Career pathways could include:

- police, corrections, and other public sectors
- district health boards
- public relations and marketing
- social service agencies.

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Study Psychology:

- Bachelor of Arts
- Bachelor of Health
- Bachelor of Science

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Arts
- Certificate in Health
- Certificate in Science
- Diploma in Arts
- Diploma in Health
- Diploma in Science

Public Health

Public Health is the study of human health and wellbeing, specifically in how we promote health within populations and protect them from risks.

What will my study involve?

- Gain a strong foundation in health sciences, with detailed knowledge in public health, including impact and ethics.
- Take a look at how health programmes are delivered through an internship course in your final year.
- On successful completion of your degree, you will meet the Aotearoa New Zealand competencies for public health, and health promotion (endorsed by Rūnanga Whakapiki Ake i te Hauora o Aotearoa | Health Promotion Forum of New Zealand).

Courses

First year courses will introduce you to the global health challenges we face. You will learn about health and development, environmental change, chronic conditions, and infectious diseases.

Topics can include:

- global health
- health systems and policy
- environmental and occupational health
- health planning.

canterbury.ac.nz/courseinfo

Career opportunities

This subject prepares you with the skills needed to work in the public health sector or community development, and be part of multidisciplinary teams.

Career pathways could include:

- public health advisor
- National public health service
- Māori and Pacific health organisations
- public health analyst.

canterbury.ac.nz/life/jobs-and-careers

Study Public Health:

- Bachelor of Health

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Health
- Diploma in Health

Social Work

Social workers help people to overcome personal and institutional barriers to wellbeing and achieve their full potential. They work with individuals, families, groups, and organisations in a wide range of contexts.

Studying Social Work is a great option to consider if you are interested in working in a people-focused career. Professionally trained people are needed in increasing numbers to work in the social services, nationally and internationally.

What will my study involve?

- Learn about a wide variety of topics such as mental health, child welfare, criminal justice, ageing, violence and abuse, and gender and sexuality.
- Small, interactive classes so you can work closely with staff and other students.
- Practical learning throughout the degree, with 75% of your final year in fieldwork placements within social service agencies around Aotearoa.
- The Bachelor of Social Work with Honours is recognised by Kahui Whakamana Tauwhiro | New Zealand Social Workers Registration Board (SWRB) and internationally so you can work overseas.

Courses

The first year of the Social Work degree will introduce you to Social Work services and practices in Aotearoa. The later years of the degree will go into more complex topics so you can analyse and debate on current issues within Aotearoa such as welfare systems, discrimination, domestic abuse, and mental health.

Topics can include:

- social services
- social policy
- realities that current youth face
- work placements and social work practice.

canterbury.ac.nz/courseinfo

Career opportunities

The combination of theory and practice sets you up with the values, knowledge, and skills needed to work in the social work profession. You may go on to working directly with affected people, or on to social sector policy and make changes within the overall system.

Career pathways could include:

- social work
- policy analyst
- community development
- youth work.

canterbury.ac.nz/life/jobs-and-careers

Study Social Work:

- Bachelor of Social Work with Honours

Speech and Language Pathology

Speech and Language Pathology studies human communication, how it develops, and the many differences and difficulties that children and adults experience.

Speech-language therapists/pathologists work with premature infants, children who have difficulty communicating and learning, and adults who have lost their ability to communicate through stroke, brain injury, degenerative disease, or other reasons.

What will my study involve?

- A hands-on qualification, where you will work with real patients of all ages, through clinical experience at speech-language clinics, hospitals, retirement homes, and schools around Aotearoa. There are also opportunities for overseas and clinical placements.
- UC has its own speech-language clinics, giving you experience with clients right on campus.
- The degree is Aotearoa New Zealand's most established, having trained most of the country's speech-language pathologists and being the first to be accredited by Te Kāhui Kaiwhakatikatika Reo Kōrero o Aotearoa | New Zealand Speech-language Therapists' Association.

Courses

The degree starts by giving you the basics of human anatomy for throat and hearing mechanisms, as well as how people develop their communication skills and disorders that hinder quality of life. The following years of the degree go more in-depth with these topics and more.

Topics can include:

- speech, hearing, and swallowing
- communication and language learning
- voice disorders
- clinical placements.

canterbury.ac.nz/courseinfo

Career opportunities

The skills you gain in this degree will set you on a career helping others with their wellbeing, either directly as a clinician, or through administration and research, or even in creating new assistive communication devices.

Career pathways could include:

- speech-language therapist
- audiologist
- paediatrics
- rest home care.

canterbury.ac.nz/life/jobs-and-careers

Study Speech and Language Pathology:

- Bachelor of Speech and Language Pathology with Honours
- Diploma in Science

Sport Coaching

Sport Coaching graduates are motivated and passionate leaders who inspire others towards success in sport, athletic development, and physical and mental health.

What will my study involve?

- Topics ranging in sport and anatomy science, coaching practice, and culture with a focus on your sports of interest.
- Practical learning and work experience opportunities with sporting organisations.
- Choose from a Certificate in Sport Coaching or a Graduate Certificate in Sport Coaching to begin your coaching career or enhance your current practice.

Courses

UC offers a Certificate in Sport Coaching, and a Graduate Certificate in Sport Coaching if you already have a university degree.

In many bachelor's degrees, there is also a Sport Coaching minor available.

See also the Bachelor of Sport, a three-year degree with major and minor sport subject options, including Sport Coaching and Physical Education.

Career opportunities

This study develops transferable skills in motivation and leadership, teaching, and wellbeing knowledge that would work well in sporting, educational, and health roles.

Career pathways could include:

- sports coach
- personal trainer
- outdoor and recreational sports guide
- policy and health advisor.

canterbury.ac.nz/life/jobs-and-careers

Study Sport Coaching:

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Sport Coaching
- Graduate Certificate in Sport Coaching

Sport Coaching and Physical Education

Sport Coaching and Physical Education studies gives you the opportunity to lead and inspire others in their learning development, sporting activities, and towards their greatest potential.

You will develop a strong understanding of pedagogy (the practice of teaching and training) and how people learn, and consider sport and health from sociological perspectives to see how gender, age, ethnicity, and geography can change and challenge experiences.

What will my study involve?

- Practical studies developing your coaching practice – from teaching sports to training techniques to game strategy.
- Choose your sport to focus on, including team and individual sports.
- Experiences throughout study with field trips, placements, and internships within sporting organisations and educational programmes.
- Pathway to registering as a physical education or health education teacher at primary and secondary schools through a one-year graduate teaching degree.

Courses

Your studies will focus on developing your coaching abilities to instruct others on fitness, skills, and practice.

You will also get to explore sports and sporting culture in Aotearoa, such as health education, inclusivity and accessibility, and emerging technologies in sport.

Topics can include:

- nutrition
- physiology
- health education
- biomechanics.

canterbury.ac.nz/courseinfo

Career opportunities

This degree prepares you for coaching at all levels, from young children discovering sport through to professional teams and athletes competing on the world stage.

Career pathways could include:

- sport coach
- fitness instructor
- physical education teacher
- team manager.

canterbury.ac.nz/life/jobs-and-careers

Study Sport Coaching and Physical Education:

- Bachelor of Sport
- Other pathways:**
- Certificate in Sport Coaching

Sport Management

Sport managers need to have a varying set of skills and be aware of best practices for the management of people, club and sporting events.

The Sport Management minor aims to upskill your other studies with specific knowledge around managing business processes in the sports industry.

What will my study involve?

- Learn end-to-end business processes in the sports industry, from financing to recruitment to creating a team brand.
- Develop strategies in management, team structure, and game theory to motivate your team towards success.
- Gain business knowledge of behind-the-scenes processes, such as connecting with sponsors and coordinating games and major events.
- Work experiences and an internship in your final year leading real sports teams.

Courses

Your studies will explore the management side of sport and recreation. This involves planning, organising, leading and controlling projects, events and organisations in sport-related settings.

Topics can include:

- sport, business and governance
- management and leadership
- organisational behaviour and human resource management
- sport coaching and leadership.

canterbury.ac.nz/courseinfo

Career opportunities

This subject will expand your degree with business skills related to the sport and recreation sectors.

Career pathways could include:

- recreation manager
- fitness manager
- athletic director
- sport agent.

canterbury.ac.nz/life/jobs-and-careers

Study Sport Management:

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Sport Coaching

Sport Marketing and Management

Sport Marketing and Management study explores the business of sport and how it has grown into a massive profit-making industry across the world.

Gain insight into all the inner workings of the sporting industry, including recruiting athletes, merchandising, events and promotions, and more.

What will my study involve?

- Learn end-to-end business processes in the sports industry, from financing to recruitment to creating a team brand.
- Develop strategies in management, team structure, and game theory to motivate your team towards success.
- Gain business knowledge of behind-the-scenes processes, such as connecting with sponsors and coordinating games and major events.
- Work experiences and an internship in your final year leading real sports teams.

Courses

Your courses begin with an overview of sports as a business model, and the basics of managing people, projects, and creating a marketable brand.

As you continue in the degree, you will have more flexibility to focus your studies on different topics in general management and marketing, as well as specific topics related to sports leadership and business opportunities.

Topics can include:

- organisational behaviour
- marketing and management
- promotions, sponsors, and fundraising
- sport, business, and governance.

canterbury.ac.nz/courseinfo

Career opportunities

This degree will expand your sporting knowledge with business skills so you can go into professional leadership positions, from leading a club all the way up to a national sport organisation.

There is an increasing need for more graduates at all levels with knowledge of marketing and management in the sports industry.

Career pathways could include:

- team manager
- brand manager
- events coordinator
- sports executive.

canterbury.ac.nz/life/jobs-and-careers

Study Sport Marketing and Management:

- Bachelor of Sport

Other pathways:

- Certificate in Sport Coaching



Sports Studies

Sports Studies is a great opportunity to combine your passion for sports with your other studies. This flexible minor allows you to focus on any aspect of sports and physical activity, and includes practical experiences and internships.

What will my study involve?

- Study all things sports, from history, science, strength and conditioning to marketing and management, nutrition and performance data analysis.
- Choose your topics and focus on sports of your choice, including team and individual sports.
- Minor in non-sport degrees so you can focus on your sporting interests in combination with many other fields of study.

Courses

Our courses cover a range of themes in sport including health promotion, business and marketing, psychology, and te ao Māori.

Topics can include:

- sport coaching and leadership
- biomechanics and anatomy
- nutrition and exercise
- marketing and consumer behaviour.

canterbury.ac.nz/courseinfo

Career opportunities

Your study could lead to many different careers working with clients or athletes in the gym, field, classroom, competitive stage, and the great outdoors.

Career pathways could include:

- sports coordinator
- gym and fitness instructor
- youth coach
- personal trainer.

canterbury.ac.nz/life/jobs-and-careers

Study Sport Studies:

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Youth and Community Leadership

Strength and Conditioning

Strength and Conditioning helps people to achieve health, body composition, and fitness performance goals.

Develop training programmes that boost performance and reconditions athletes towards their best.

What will my study involve?

- Learn about anatomy and exercise science to measure physical performance, create and test training methods, and prescribe rehabilitation and recovery programmes.
- Study in our Performance Education and Training Centre, which includes a specialised strength and conditioning facility and 3D performance capture technology.
- Practical experiences working with professional sport organisations and athletes.
- Gain the skills required for National Strength and Conditioning Association (NCSA) accreditation to work as a professional strength and conditioning trainer.

Courses

The courses in this programme will train you to work with anyone developing their fitness and wellbeing, including people with specific needs or injuries, professional athletes, and everyday clients.

Topics can include:

- training regimes
- measuring performance
- injury rehabilitation
- anatomy science.

canterbury.ac.nz/courseinfo

Career opportunities

Helping others to achieve their peak athletic performance is a rewarding career, and is also in demand within sporting, military, and protective service industries.

Career pathways could include:

- strength and conditioning coach
- personal trainer
- rehabilitation advisor
- sports scientist.

canterbury.ac.nz/life/jobs-and-careers

Study Strength and Conditioning:

As a Major:

- Bachelor of Sport

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Psychological Science
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport Coaching
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Sport Coaching

Te Ao Hākinakina

Te Ao Hākinakina studies explores the world of Māori sports, including its history and strong influences on our extensive and unique sporting culture in Aotearoa.

What will my study involve?

- Learn about Indigenous health and wellbeing, sporting culture, and physical education, and find ways to incorporate Kaupapa Māori into your training and teaching methods.
- Explore current barriers to help improve access and outcomes in the sports industry for Māori and Indigenous athletes.
- Develop confidence engaging with bicultural communities and industry through sport and health education, including the opportunity to learn basic te reo.
- Practical experiences throughout study working with bicultural sports organisations, educational programmes, and communities.

Courses

Courses in this programme will explore cultural and inclusive practices for sport and industry, as well as practical experiences developing your communication skills (including in te reo), teaching, motivating, and engaging with players and athletes.

Topics can include:

- wero — Māori health issues and opportunities
- kapa haka and traditional sports
- coaching and training
- equity, privilege, and access to professional sports.

canterbury.ac.nz/courseinfo

Career opportunities

By reflecting on and critiquing bicultural practices in the sports and health industries, you will learn to create meaningful changes and engage with organisations that support Indigenous athletes.

Career pathways could include:

- outreach coordinator
- kaiārahi
- sports educator
- health promoter.

canterbury.ac.nz/life/jobs-and-careers

Study Te Ao Hākinakina:

- Bachelor of Sport

As a Minor:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Digital Screen with Honours
- Bachelor of Health
- Bachelor of Product Design
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Sport
- Bachelor of Youth and Community Leadership

Other pathways:

- Certificate in Sport Coaching

Tohu Qualifications



Bachelor of Health*. BHlth

Bachelor of Health – example degree structure

Year 1

HLTH 101	HLTH 103	HLTH 106	100 Level	100 Level	100 Level	100 Level	100 Level
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Year 2

HLTH 203	200 Level	200 Level	200 Level	200 Level	200 Level	200 Level	200 Level
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Year 3

HLTH 302	HLTH 321	300 Level	300 Level	300 Level	300 Level	200 Level	200 Level
----------	----------	-----------	-----------	-----------	-----------	-----------	-----------

Compulsory courses
 Major courses
 Courses from Health Sciences or other degrees

Each small block represents a 15-point course. However, some courses may be 30 points or more.

Learn how to improve the wellbeing of individuals and communities, while navigating the health sector and related fields.

With many subjects to explore, you will deepen your understanding of health and wellbeing to strengthen equity and examine global health challenges. Our subjects are developed to equip you with the specialist knowledge and skills to build a career in health..

Study information

Subjects
Exercise and Sport Nutrition
Health Education
Health Science
Māori and Indigenous Health
Mental Health and Addictions
Physical Activity and Wellbeing
Psychology
Public Health

The programme emphasises practical learning, with guest speakers and projects from the health sector and an internship in your third year of study

Highlights

- Gain a strong understanding and critical thinking around Health in the wider community and in the health care sector in Aotearoa NZ .Work together with our communities, health organisations, and whānau to identify health barriers and challenges, and collaborate to develop effective strategies that promote Oranga | Wellbeing.
- Mātauranga Māori and bicultural competence and confidence are integrated into the degree.
- Study health models and concepts, learn the terminology of the health sector and gain effective communication skills..

Career ready

- Complete an internship in the health sector in your third year of study.
- Gain the skills and knowledge to apply for certifications and accreditations for roles in the health sector such as Associate Registered Nutritionist, Drug and Alcohol Practitioners' Association Aotearoa New Zealand (DAPAANZ) and more,
- Learn the necessary skills to improve health and wellbeing through disease prevention, health promotion, and health service planning, delivery, and evaluation.
- Graduates work in throughout the health and wellbeing sector, including local and central government, aged residential care, policy, schools, Health New Zealand regionally and nationally, NGOs, health promotion agencies, and Māori health providers.

* subject to CUAP and TEC approval

Bachelor of Social Work with Honours. BSW(Hons)

Bachelor of Social Work with Honours – example degree structure

Year 1

SOWK 101	SOWK 102	HLTH 106	PACS 111	MAOR 108 or 165	100 Level	100 Level	100 Level
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Year 2

SOWK 202	SOWK 203	SOWK 205	SOWK 206	SOWK 212	MAOR 212	MAOR 219	200 Level
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Year 3

SOWK 301	SOWK 303	SOWK 304	SOWK 308	SOWK 340
----------	----------	----------	----------	----------

Year 4

SOWK 490	SOWK 491	SOWK 492
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Compulsory courses

Elective course

Each small block represents a 15-point course. However, some courses may be 30 points or more.

The BSW(Hons) at UC is Aotearoa New Zealand's most established Social Work programme. This highly regarded interdisciplinary degree will engage you in both theory and practice, preparing you for a wide range of people-related work.

The BSW(Hons) is ideal for those with a commitment to working with others in overcoming personal and institutional barriers to wellbeing, and promoting the full potential of people.

Study information

In the first year of your degree, you will study five compulsory courses that give you an introduction to social services in Aotearoa, and cover some of the issues that impact and shape our society. Your remaining courses will come from Anthropology, Criminal Justice, Education,

Māori and Indigenous Studies, Pacific Studies, Political Science and International Relations, Psychology, Sociology, Te Reo Māori, or Academic Writing.

In your second year, you will explore communication in the human services, human behaviour and development, social policy, diversity and culture, and Māori and Indigenous development.

Entry into the second year and beyond requires a special application.

Highlights

- Follow your interests in topics such as mental health, child welfare, criminal justice, ageing, violence and abuse, and gender and sexuality.
- In fourth year, 75% of your study is made up of fieldwork placements in social service agencies.
- Small class sizes allow you to work closely with staff and other students.
- This degree sets you up to work in the social work field in Aotearoa or overseas, particularly in the UK and Australia where there is a Mutual Recognition Agreement between the NZSWRB and the Australian Association of Social Workers.

Career ready

- Gain practical experience through the two fieldwork placements in the fourth year of your degree.
- The combination of theory and practice sets you up with the values, knowledge, and skills needed to work in the social work profession.
- Graduates are working as community development workers, counsellors, social workers, youth workers, policy analysts, educators, and more.

Bachelor of Speech and Language Pathology with Honours. BSLP(Hons)

Bachelor of Speech and Language Pathology with Honours – example degree structure

Year 1

STAT 101	100 Level ¹	100 Level ²	100 Level ²	100 Level ²	100 Level ²	100 Level ²	100 Level ²
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Year 2



Year 3



Year 4



Compulsory courses
 Compulsory fieldwork
 Elective courses

¹ Take at least one of the following: MAOR165; TREO110; TREO111; MAOR172; HLTH106.

² You can choose courses from other degrees to make up 120 points. Some courses are recommended. Each small block represents a 15-point course. However, some courses may be 30 points or more.

Over the four years of the BSLP(Hons) degree, you will gain the knowledge and skills to assist a wide variety of people with communication and swallowing disorders.

UC students are able to utilise excellent on-site resources including clinics and research facilities.

Study information

In the first year of your degree, you will complete compulsory courses covering introductory anatomy, physiology, and statistics, and choose from a range of interest courses including Māori culture, language, psychology, and health.

From second year, you will begin your Professional Years. This includes a mix of theory, research, observation, and clinical practice working with real patients from babies to the elderly.

Entry into each year of the degree is limited based on your grade point average of the preceding year, and fluency in English. If you are unsuccessful in gaining a place to the second year, your completed courses can usually be credited to the Bachelor of Science, Bachelor of Arts, Bachelor of Health, or Bachelor of Psychological Science.

Highlights

- The BSLP(Hons) is a highly regarded, professional degree accredited by Te Kāhui Kaiwhakatikatika Reo Kōrero o Aotearoa | New Zealand Speech-language Therapists' Association (NZSTA).
- You have the opportunity to work with people of all ages at clinics on campus, nationally, and overseas.
- Fieldwork accounts up to 50% of your coursework depending on year of study.

Career ready

- We have a speech and language pathology clinic on campus and the opportunity to go on placement to speech-language therapy clinics at hospitals, schools, and other facilities nationwide and overseas.
- You will learn skills to help with client assessment, and the planning, management, and evaluation of therapy programmes.
- Graduates work with children with autism or language delays, helping stroke patients relearn speech and swallowing, developing new communication devices and tests, building their own private practices, and more.

Bachelor of Sport. BSport

Bachelor of Sport – example degree structure

Year 1							
SPRT 101	SPRT 104	SPRT 105	SPRT 110	SPRT 108	100 Level	100 Level	100 Level
Year 2							
SPCO 208	SPRT 203	200 Level	200 Level	200 Level	200 Level	200 Level	100 Level
Year 3							
SPCO 308	SPCO 320	300 Level	300 Level	300 Level	300 Level	200 Level	200 Level

Compulsory courses

Major courses

Courses from Sport or other degrees

Each small block represents a 15-point course. However, some courses may be 30 points or more.

UC’s BSport provides you with an overview of sport as a global culture and professional business, and the tools to help you inspire future athletes, individuals, and communities towards more rewarding and fulfilling experiences.

Study information

Subjects
Performance Data Analysis
Physical Activity and Wellbeing
Sport Coaching and Physical Education
Sport Marketing and Management
Strength and Conditioning
Te Ao Hākinakina
Nutrition (minor only)
Sport Coaching (minor only)
Sport Management (minor only)

The BSport will introduce you to the practice and theory of sport, following themes around culture, science and performance, leadership and business, and teaching and learning.

As well as core courses, you will complete either a major or a major and minor. You can even do a double major if one of your majors is Sport Marketing and Management or Te Ao Hākinakina.

Compulsory courses

Courses	
SPRT101	Introduction to Sport Coaching
SPRT104	Anatomy and Physiology
SPRT105	Sport, History and Society
SPRT110	Practicum 1
SPRT108	Sport, Business and Governance

Highlights

- Learn about all things sport — from scientific assessment, athletic technique and performance, fostering positive learning, to the business side of sport.
- Customise your study, with areas such as high-performance science, sport coaching and training, health and wellbeing, and management and organisation.
- Practicums, workshops, fieldtrips and lab work, and a 120-hour internship with a professional or community sport organisation in your final year of study.
- Part-time and online distance study options.

Career ready

- Practical experiences throughout your degree working with specialist equipment, sporting organisations, youth and other communities.
- Build your career towards management or leadership positions in the sporting or health industries.
- Graduates work as trainers, sports scientists, coaches, extreme or adventure sports guides, team managers, and more.

Majors and minors

Major

A major is a particular subject within your degree that you will specialise in. You will study this subject all the way to the final year of your degree.

An example of a major would be if you studied the Bachelor of Health with a major in Māori and Indigenous Health.

Minor

When compared to the major, a minor is another subject that you have included in your degree but you do not study it to the same extent as the major. It can be a subject that complements your major — for example, the Bachelor of Health with a major in Māori and Indigenous Health and a minor in Psychology.

Your minor can also be a subject from another degree entirely. Here is an example:

A student studying the Bachelor of Health might want to primarily focus on Māori and Indigenous Health (their “major”) but also has an interest in French (their “minor”). It is not compulsory to do a minor.

Double major

A double major is where students choose to specialise in two subjects from the one degree. You can often complete these in the same time as a single major without any extra workload.

A student doing a Bachelor of Health Science, who started with a Health Education major and Psychology minor could decide after their first year that they are just as interested in both subjects, turning their Psychology minor into their second major.

It is important to note that the second major must come from the same degree and not from another degree.

Double and conjoint degrees

Double degrees

Some bachelor's degrees can be studied together. This allows you to really specialise your study, opening up a wider range of career options.

You can combine a Bachelor of Sport with any of the following general degrees:

- Bachelor of Arts
- Bachelor of Commerce
- Bachelor of Criminal Justice
- Bachelor of Health
- Bachelor of Laws
- Bachelor of Science
- Bachelor of Social and Environmental Sustainability
- Bachelor of Youth and Community Leadership

Note: A Future Student Advisor can help you plan your double or conjoint degrees. See [page 25](#) for contact details.

Double degree information

Entrance requirements	University Entrance (UE).
Academic requirement to continue each year of degree	Standard academic progression expectations apply.
Workload per year	Standard (120-points), and approximately eight (15-point) courses per year.
Graduate	You can complete either both at the same time or one after the other.
Minimum timeframe	5–6 years (depending on degrees).
Majors/minors	As required/permitted for each degree. Multiple majors (eg, double major in a single degree) and minors are possible.
Number of qualifications gained	Two — you gain both degrees.

Conjoint degrees

A conjoint takes a major from one degree and another major from another degree and combines them into one degree. Unlike double degrees, these must be completed at the same time and involve a much higher workload each year.

Combine Health and Sport with Biomedical Engineering

Increasingly, we are reliant on cutting-edge technology to improve healthcare and high-performance sport. UC offers two distinct options: conjoint Bachelor of Engineering with Honours in Mechanical Engineering minoring in Biomedical Engineering with Bachelor of Health or Bachelor of Sport.

Ka whai ake nei

Next Steps



Key dates



May/June/July

**Hui Tairanga
Information Evenings**



August

**Accommodation applications
open**



July

**Scholarship applications
open**



October

Enrol into courses



September

Rā Tōmene | Open day

For exact event and degree application dates, please visit the UC website or contact a Future Student Advisor.

Tautoko | Get support



From the moment you arrive on campus to your graduation, UC has support available every step of the way.

Te Pātaka | Student Services Hub is your go-to support centre, located on levels 2 and 3 in the Puaka-James Hight building (central library). You will find both academic and wellbeing services in one location and they will connect you to the relevant support teams.

You can receive help with anything you need, whether that's for study and exams, health, sport, counselling, injuries, job search, and more.

Read more about all the support services:



Your students' association

Te Rōpū Ākonga o Te Whare Wānanga o Waitaha | University of Canterbury Students' Association (UCSA) is a non-profit organisation that helps all students find support and feel like they belong at UC.

We have more than 160 clubs and regularly host events on campus.

We offer advocacy services, dental and optometry services, welfare and financial services, advisory groups, class reps, and more.

ucsa.org.nz



Pastoral Care

The Education (Pastoral Care of Tertiary and International Learners) Code of Practice 2021 is designed to guide institutions in their practice and to protect students when they study in Aotearoa. UC is a signatory to the Code and is required to meet the standards set by the New Zealand government.



“Within my class, we’re all very much a whānau. We’ve built a connection, going from strangers to family, which is a credit to our teachers for creating that environment of safety and belonging — that’s whanaungatanga. And tiakitanga reminds me of the whole UC experience — everyone doing what they can.”

QeyLoux

Ngāti Kurī, Kāi Tahu, Ngāti Porou

Ako: Bachelor of Teaching and Learning in Mātauranga Māori

Whakapā mai | Contact us



Get in touch

If you would like more information about what you can study at UC, contact the Future Students Office:



Te Whare Wānanga o Waitaha University of Canterbury

T: +64 3 369 3999
Freephone in NZ: 0800 VARSITY (827 748)
E: info@canterbury.ac.nz
AskUC Chat is available between
8am–5.15pm Monday–Friday
(except NZ public holidays).
[canterbury.ac.nz](https://www.canterbury.ac.nz)

Talk to a UC student

Get answers to your questions about what it's like being a student at UC, and life in Ōtautahi Christchurch.



UC social media



[facebook.com
/universitycanterbury](https://facebook.com/universitycanterbury)



instagram.com/ucnz



x.com/ucnz



snapchat.com/add/uc.nz



[youtube.com
/UniversityCanterbury](https://youtube.com/UniversityCanterbury)



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/university-of-canterbury](https://linkedin.com/school/university-of-canterbury)

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Rā Tōmene Open Day

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Explore our campus.
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5 September 2025



**For more information,
contact a Future
Student Advisor.**