

SPORT SCIENCE AND HUMAN PERFORMANCE



Sport science and outdoor education brings considerable value in terms of economic benefits, health savings and social and cultural gains.

Sport and recreation also makes a significant contribution to New Zealand's economy – at around \$4.9 billion a year, that's 2.3 per cent of GDP. Households spend \$1.7 billion on sports goods and equipment. The economic, social, health, and personal benefits of sport and recreation to New Zealand have previously been estimated at over \$12.2 billion. New Zealand's sport and recreation industries' contribution to New Zealand's GDP is up by \$100 million year-on-year, according to research from Skills Active Aotearoa*.

Our Centre for Sport Science and Human Performance offers students qualifications in sport and exercise science, massage therapy, exercise and fitness and outdoor education that will help them forge a career in sport science and human performance anywhere in the world.

To be internationally competitive, professional athletes rely on skilled practitioners for the latest and best scientific information and techniques. The sport science and outdoor education industries are becoming increasingly specialised, requiring a range of qualified professionals.

The sports science laboratories at our Rotokauri campus in north Hamilton enable students to work alongside athletes, the community and industry members, as part of their study. Postgraduate qualifications are enhanced by the current research of our academic staff who collaborate with sport, community and health industries at national and international levels to advance knowledge within a particular sub-discipline of sport and exercise science.

We also offer practical industry-based qualifications for fitness industry professionals, expert outdoor adventure instructors and massage therapists.

We affiliate to key sporting bodies regionally and nationally, including High Performance Sport NZ, Sport Waikato, Hamilton City Netball, Midlands Hockey, New Zealand Rugby league. We work within many of the region's leading secondary schools including, St Pauls, St Peters, Cambridge High School, HGHS, Sacred Heart and St Johns.

Our staff are experts in their chosen fields and often active practitioners themselves. Many contribute at an international and national governance level, while others are connected with regional, and national sports teams/ individuals in a variety of roles such as coaches, strength and conditioners, managers and nutritionists.

Our graduates work as:

- Clinical exercise psychologists
- Community sport and recreation officers
- Massage therapists
- Outdoor adventure instructors
- Physiologists
- Rehabilitation trainers/ therapists
- Sports coaches
- Sports consultants
- Sport scientists
- Sport science or physical education teachers
- Sports development managers
- Strength and conditioning trainers
- Wellbeing and sports nutritionists

