



# Mātai Tikanga Pūtaiao

## Undergraduate Anthropological Science

Do you want to develop a deep understanding of humankind, and our cultural and biological diversity? Studying Anthropological Science at the University of Auckland brings together the natural, human, and social sciences to help you develop this deep understanding of the human species.

### What you will learn

Understanding humans in the past, present and future requires well-rounded scientists with highly developed problem-solving skills. Studying Anthropological Science offers you the chance to hone your scientific skills and apply emerging technologies, while learning about the species you belong to – what's more enticing than that?

New scientific methods and technologies in anthropological science include the analysis of DNA and ancient DNA, C-14 dating, stable isotope research, metallurgy, the analysis of live and fossil spores, the annual rings of trees, pollen grains, and human and animal remains, as well as the behavioural observation of humans and primates.

This major will give you the chance to apply more science to your studies in archaeology and biological anthropology. Other sciences complement the study of Anthropological Science, for example, Biological Science, Environmental Science, Earth Sciences or Geography.

Graduates gain an internationally accepted qualification, excellent research skills and the knowledge to work within some of the world's most rapidly advancing scientific fields.

If you're interested in studying Anthropological Science with us, it will be beneficial for you to have high school biology, chemistry and mathematics, although they're not essential. Subjects such as history, geography and English also provide useful, fundamental skills.

### Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

#### Complementary majors include:

Biological Sciences

Chemistry

Earth Sciences

Geography

Psychology

Statistics



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# Career opportunities

## A unique view of the world

This subject brings together studies in archaeology and biological anthropology with science disciplines to create graduates who are work-ready, or who may choose to continue with postgraduate study.

Majoring in Anthropological Science allows you to view the world through a scientific and human-centred lens – a perspective that many organisations and companies find valuable.

Your transferable skills may include problem-solving, critical and analytical thinking, oral and written communication, quantitative analysis, and awareness of cultural diversity.

Such a breadth of abilities could lead you into a variety of career paths, including archaeological consultancy for organisations such as Heritage NZ, health and nutrition research or roles in museums, environmental consultancy and mining.

## Our Anthropological Science graduates have been employed in the following jobs:

- Archaeologist, Rio Tinto
- Geospatial analyst, Statistics New Zealand
- Technician, International Archaeological Research Institute Inc
- Customer relations representative, Scotiabank
- Marine technician, Auckland War Memorial Museum
- People and culture manager (APAC), Vend
- Resource management monitoring officer, Waikato District Council
- Analyst, New Zealand Police
- Customer care coordinator, Sealed Air Corporation
- Guest experience host, Kelly Tarlton's

# What you can study:

The practice of archaeology in Aotearoa New Zealand and the broader Pacific

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Human palaeoecology

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Heritage management

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Human evolution

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Analysis of human remains

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Primate behaviour, ecology and conservation

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Biosocial approaches to health

## Find out more

about how your degree will be structured and what courses you need to take at

[auckland.ac.nz/science/ug-anthro](https://auckland.ac.nz/science/ug-anthro)



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Mātai Kori Tinana

# Undergraduate Exercise Sciences

Are you fascinated by what influences human performance in exercise, sport and the workplace?

## What you will learn

Exercise scientists study the mind, muscle, mechanics and metabolism of the moving human body and the role of exercise in human health.

Studying Exercise Sciences will facilitate skills for lifelong learning, critical and analytical thinking, communication, independence, collaboration and intellectual curiosity.

In laboratory classes you will develop hands-on skills in interacting with human participants and measurement of human activity and performance.

You will develop an understanding of how the body moves, how it responds to physical

activity (and inactivity), how fitness levels can be tested and adapted, and the connections between physical activity and health.

If you're interested in studying Exercise Sciences with us, it would be beneficial to have studied high school biology or human biology. Chemistry, physics, calculus, statistics and physical education also provide helpful background knowledge.

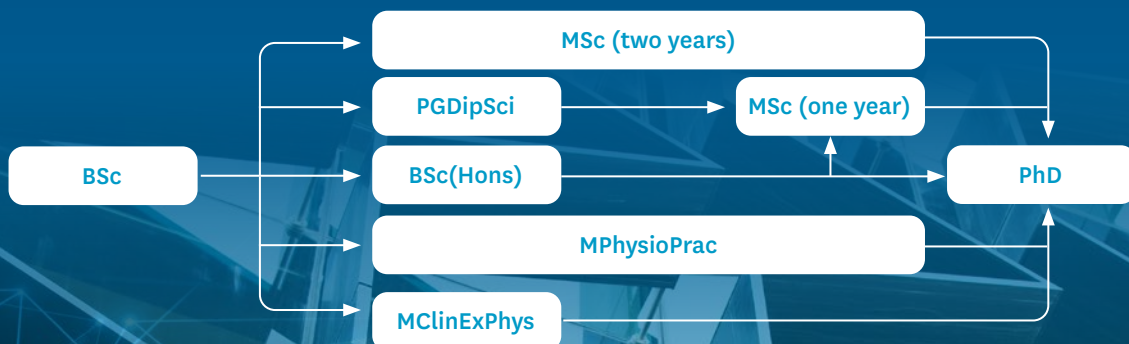
## Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

### Complementary majors include:

- Biological Sciences
- Chemistry
- Physics
- Physiology
- Psychology
- Statistics

The Applied Exercise and Sport Sciences pathway, which is the equivalent of two majors, is for students who want a career in the exercise sciences. It provides all the knowledge you need for international accreditation as an Exercise Specialist at the end of your BSc.



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## Career opportunities

### An important discipline for everyday life

Exercise Sciences is an important discipline that relates to all aspects of our everyday life. Our courses cover human anatomy, exercise physiology, biomechanics, exercise prescription, exercise and sport psychology, and movement neuroscience.

There is a growing demand for people who can not only research and analyse performance techniques, but can work as allied health professionals to optimise human performance to improve general health and wellbeing through exercise.

As a graduate you will be prepared for a career in exercise science, high-performance sport, sports science, health and wellness, physical fitness, and movement science.

This degree provides the perfect pathway to further study in order to pursue a career in physiotherapy and clinical exercise physiology.

### Jobs related to Exercise Sciences:

- Exercise scientist
- Sport scientist (consultant in biomechanics, exercise, nutrition, physiology)
- Corporate exercise specialist
- Human movement scientist
- Injury prevention consultant
- Sport and fitness practitioner
- Community sport facilitator
- Group fitness leader
- Respiratory physiologist
- Clinical exercise physiologist
- Cardiac physiologist
- Physiotherapist

## What you can study:

Human anatomy

Exercise physiology

Biomechanics

Exercise prescription

Sport and exercise psychology

Movement neuroscience

### Find out more

about how your degree will be structured and what courses you need to take at

[auckland.ac.nz/science/ug-exercise-sci](https://auckland.ac.nz/science/ug-exercise-sci)



*“Growing up I was always very active in playing sports and dancing ballet. My love for the human body came from ballet. It taught me which muscles are used in a movement, and how to improve a movement by understanding how the body works.”*

*“I was driven to carry on learning about the human body, so I enrolled in a Bachelor of Science in Exercise Sciences, hoping to apply it to both exercise and the treatment of people living with chronic conditions and disease.”*

*“I chose the University of Auckland because it has a great reputation, and Auckland was only a few hours away from where I grew up in Rotorua. The programme also offers a lot of practical experience with the benefit of working with patients in our clinic.”*

## Sasha Douglas

PG Dip in Clinical Exercise Physiology.



Read Sasha's full story at: [auckland.ac.nz/science/sasha-douglas](https://auckland.ac.nz/science/sasha-douglas)

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# Mātai Matawhenua

## Undergraduate Geography

Geographers ask questions about society and the environment. They study the natural processes of the physical environment, as well as the activities and consequences of humans in this environment.

### What you will learn

Geography is exciting and relevant. You'll enjoy Geography if you're interested in the worlds around you and want to make a positive difference. Geography addresses a wide range of contemporary challenges such as: climate change and sea-level rise, dirty rivers, uneven economic development, sustainable communities, migration, housing and health policy, urban pollution, indigenous rights, and environmental management.

Geographers study places, human and physical interactions and the processes that shape those interactions. They explore why nations, regions, cities and communities develop differently in different settings, how landscapes are formed, how social, economic and natural landscapes are related, and how to make better worlds by responding effectively to human-environment problems.

Some geographers specialise in coastal, glacial or fluvial processes and landforms, climatology, biogeography, hydrology or environmental change. Others study regional economics, population change, the problems of rural or urban areas, or the experience of particular groups in society. Fieldwork is an important part of majoring in Geography – you'll undertake field trips to explore New Zealand's landscapes.

You don't have to have taken geography at high school to be able to study Geography with us. However, if you have taken high school geography you will have been introduced to some key concepts and skills, which you'll find beneficial. You'll also use written and oral communication skills in your Geography major, so high school English is a useful subject too.

### Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

#### Complementary majors include:

**Biological Sciences**

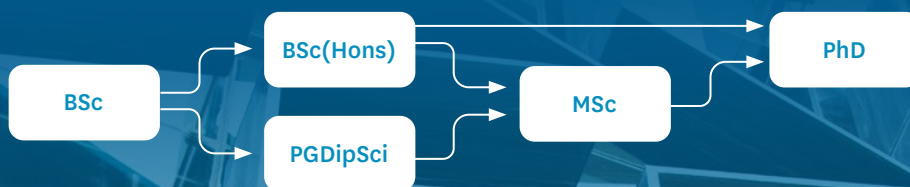
**Chemistry**

**Computer Science**

**Earth Sciences**

**Environmental Science**

**Psychology**



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# Career opportunities

## A foundation for a host of occupations

Geography is exciting, challenging and relevant to today's world. Geographers study the natural processes of the physical environment, as well as the activities and consequences of humans in this environment.

A Geography degree gives graduates an edge. The skills you learn mean you can be found working in a wide range of occupations in an equally wide range of organisations. You might use your training directly in your workplace, or find the broad education and flexible skills are in high demand in the wider job market.

You may specialise in coastal, glacial or fluvial processes and landforms, climatology, biogeography, hydrology or environmental change. Or you could find yourself exploring the transformation of urban places, globalisation and

its effects, migration and population change, or issues of ethnicity and identity. You could also specialise in spatial analysis, bringing the power of geographic information science to bear on a wide range of research problems.

## Our Geography graduates have been employed in the following jobs:

- Planning services, Beca Group
- Geospatial specialist, Auckland Council
- Sustainability and climate change team, PwC
- Coastal scientist, Tonkin + Taylor

## Other positions and roles include:

- Policy and planning
- Environmental and resource management

# What you can study:

Weather, wave, tide and river monitoring and analysis

Demographic and economic analysis

Mapping, cartography and geovisualisation

Analysis of soils and sediments

How to interpret physical and cultural landscapes

## Find out more

about how your degree will be structured and what courses you need to take at

[auckland.ac.nz/science/ug-geography](http://auckland.ac.nz/science/ug-geography)

*“Geography is such a fantastic subject in that it is broad and covers a wide range of courses from climatology to socio-economic change.”*

## Courtney Simpson

BA Geography, BSc (Hons) Geography, MSc Environmental Management.



Read Courtney's full story at:  
[auckland.ac.nz/science/courtney-simpson](http://auckland.ac.nz/science/courtney-simpson)



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# Mātai Whaiaroaro Undergraduate Physiology

Physiology is the study of how living organisms work, with a major focus on understanding what goes wrong when disease strikes.

## What you will learn

Physiology is the study of how living organisms function, from the cellular to the whole-body level. If we understand how organisms work, we can understand what goes wrong in disease, and develop a scientific basis for its treatment.

Physiology is highly quantitative and has close links with biochemistry, molecular biology, mathematical modelling, pharmacology, zoology and neuroscience.

## Prerequisites

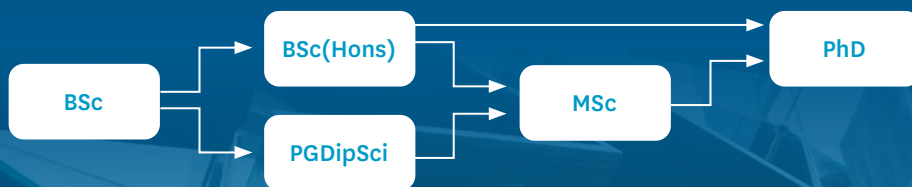
You don't have to have taken any particular subject at high school to be able to study Physiology with us. High school biology, chemistry, physics and mathematics are beneficial because they provide helpful background knowledge, but they're not essential.

## Choosing a subject

With so many options it's sometimes hard to choose what you want to study, but we've got you covered. You can study a double major with our Bachelor of Science to gain a broader base of skills and knowledge.

### Complementary majors include:

- Biological Sciences
- Chemistry
- Exercise Sciences
- Pharmacology
- Psychology
- Statistics



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## Career opportunities

### An active and developing science

Physiology provides a great foundation to find employment in research or in the rapidly growing healthcare sector in New Zealand and overseas.

A Physiology background is also very desirable for clinical professions. For example, it could lead to work in the areas of audiology, medicine, optometry and veterinary medicine. Physiology has always been important in medical research and drug development.

Graduates with a Physiology background are employed in a range of professions, in areas that include:

- Biomedical science
- Clinical research science
- Exercise physiology
- Healthcare science
- Pharmacology
- Audiology
- Medicine
- Optometry
- Veterinary medicine

## Topics you can study include:

On average it takes three years to complete a BSc. Courses you can study include:

Human Structure and Function

Mechanisms of Disease

Cardiovascular Biology

Endocrinology of Growth and Metabolism

Neuroscience

### Find out more

about how your degree will be structured and what courses you need to take at [auckland.ac.nz/science/ug-physiology](https://auckland.ac.nz/science/ug-physiology)

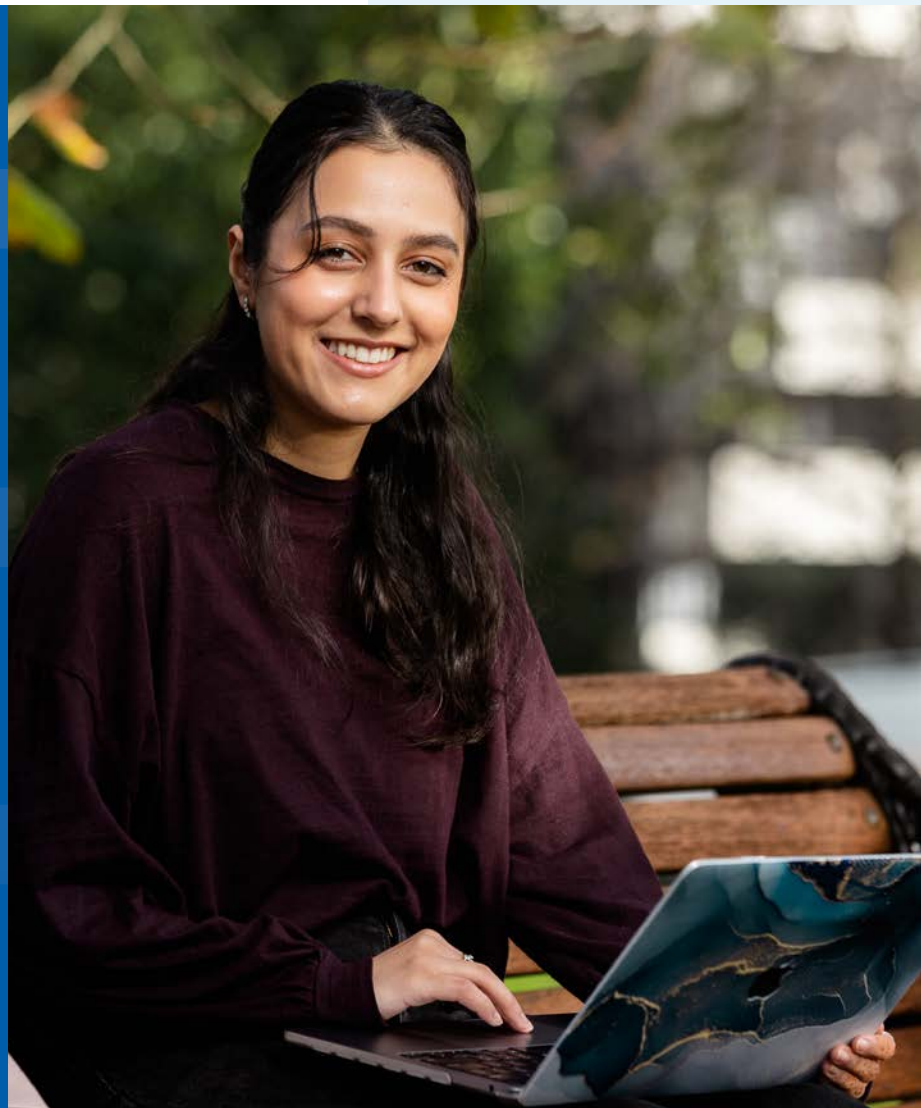
*“A few papers into my first year, I realised it was the human physiology and neuroscience aspects that intrigue me the most within biology. At this point, I changed my major to physiology which offers a good selection of papers that delve into neuroscience, cardiac physiology, and research – right up my alley!”*

## Farheen Kothiwala

BSc (Hons) in Physiology



Read Farheen's full story at: [auckland.ac.nz/science/farheen-kothiwala](https://auckland.ac.nz/science/farheen-kothiwala)



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