Health and Sport at Waikato

Te Huataki Waiora
School of Health
The Bachelor of Health (BHealth) has been specifically developed to address the growing demand for a workforce that can contribute across the health sector as this industry diversifies into roles with local governments, iwi, community groups, private enterprise, and individuals and whānau.

The multidisciplinary qualifications available in health are underpinned by the concept of hauora in practice and incorporate Biomedical Sciences (Biology, Chemistry, Physiology); Epidemiology; Bioethics; Health Communication and Community Approaches; Māori, Pacific and Indigenous perspectives and practice; Psychology, Sociology, Policy; and Statistics, all of which allows you to explore the diverse aspects of health, hauora and wellbeing in applied and theoretical settings. Alongside a number of core papers that embrace and respect multi-disciplinary views, you will be able to choose a specified programme in either Poutū-mārō Biomedical Sciences or Poutū-manahau Population Health.

ENTRY REQUIREMENTS:

To enter the BHealth programme, you will need to have met the normal requirements for university entrance, as per the University of Waikato’s current undergraduate degree regulations.
POUTŪ-MĀRŌ
Biomedical Sciences

Poutū-mārō Biomedical Sciences takes a multi-faceted and applied approach to improving the hauora of our communities. It embraces an integrative approach to biomedical sciences (including genetics, biochemistry, molecular biology, anatomy, infection and immunity, pathophysiology) alongside Mātauranga Māori, health communication, and bioethics to develop biomedical understandings and skills that will allow students to work across the health sector. Developed and underpinned by the term hauora, we endeavour to respect the collective essence of health and wellbeing as well as applying the biomedical principals that are essential for robust, quality healthcare. Hauora is a holistic approach that values the interconnection between the physical and meta-physical in ways that nourish and sustain the vitality of people and their communities. In doing so, recognition is attributed to past generations, historical contexts, and connections to the land.

POUTŪ-MANAHAU
Population Health

Studying the BHealth with a specified programme in Poutū-manuhau Population Health will enable you to contribute to a more equitable health system in Aotearoa New Zealand as part of a workforce that can enact hauora in practice, and advocate for broader understandings of what constitutes health in our communities. With an approach that spans Te Ao Māori, biomedical-principles, the history of the health system, legal aspects, population studies, social policy, psychology, health funding, systems, management and communication, you will be well placed to action change for the health and wellbeing of our communities.
The Bachelor of Health, Sport and Human Performance (BHSHP) offers a solid foundation for an exciting and dynamic career in the rapidly growing sport and leisure industry. Sport, recreation and wellbeing are important in our everyday lives.

How we define them is constantly changing as society’s expectations change. Sport and recreation activities don’t just happen – they require people with knowledge to lead them. Studying Health, Sport and Human Performance presents an opportunity to enhance your knowledge, understanding and professional skills relevant to careers in sport, education, health, recreation, and the leisure sector. Students can take a single or double major in Community Health, Human Performance Science or Sport Development and Coaching. Our strong partnerships with key organisations ensure our programmes remain at the forefront of the industry. Te Huatari Waioia School of Health has solid collaborative linkages with Sport NZ, NZ Recreation Association, Sport Waikato, local DHBs and iwi groups, High Performance Sport NZ (HPSNZ), Physical Education NZ (PENZ) and many other community organisations.
COMMUNITY HEALTH

The Community Health major is designed to ensure graduates have the knowledge, skills and understanding to make a difference in the wellbeing of the people in our local, regional and national communities. Drawing on Māori, Indigenous, critical and sociological perspectives, students will be provided with the opportunity to investigate the way health is understood and practiced in our society. Students will develop practical skills that will allow them to advocate and take action in enhancing the wellbeing of themselves and others.

HUMAN PERFORMANCE SCIENCE

Based on the pillars of performance physiology, performance psychology, and performance monitoring and exercise prescription - this major has clear links to high performance sport. Extending beyond high performance sport, this major includes links to the general population, movement-related professions, exercise, nutrition and physical health. Supported by our satellite spaces in the Avantidrome and the Adams Centre, students benefit from the established relationships the University has with professional sport franchises, such as Magic Netball and Chiefs Rugby.

SPORT DEVELOPMENT AND COACHING

This major gives students the skills that support them to enhance sport, recreation and physical activity for groups and individuals. Students will benefit from established local and national industry partnerships with Sport New Zealand, The International Olympic Committee, Sport Waikato, the Avantidrome, The Waikato Institute of Sport and Leisure Studies, Brian Perry Charitable Trust, The Lowie Foundation, and sports clubs/franchises in the greater Waikato and Bay of Plenty region. Graduates will have the transferable skills and knowledge to lead in any sector involving people and movement.

CONTACT US:

For more information or entry requirements scan the qr code or visit waikato.ac.nz.

Any questions? Reach out to us at:

waikato.ac.nz/hshp
0800 WAIKATO (0800 924 528)
contact-hecs@waikato.ac.nz
FOR THE PEOPLE

KO TE TANGATA