



Careers in Physical Education, Sport and Exercise Sciences

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Sport Development and Management



Sport development and management research

- Club development management
- Partnerships management
- Community play advice
- Sport psychology consultancy
- Physical education teaching

Sport management and administration

- Administration or management of a sport governing body

- School sports co-ordination
- Community development for a national or regional sport organisation

Sport marketing

- Marketing in a professional sport franchise

Event management

- Facility management
- Event management

Sport media and journalism

- Sport journalism
- Sport media and public relations

Sport policy and development

- Policy and research analysis in government agencies and local councils



"The career opportunities that both the Sport Development and Management and the Physical Activity and Health majors offer appealed to me. I was thrilled to find I could complete both majors within three years; it was great that the degree was structured in this way as it allowed me to gain a thorough understanding of the sector. While every paper I studied had its challenges, they were all very interesting and I knew they would combine to broaden my perspective."

Libby Trevelyan

*Bachelor of Applied Science (Physical Education, Activity and Health; Sport Development and Management)
Futsal Development Officer for Capital Football (Wellington)*

Physical Education, Activity and Health



Physical activity

- Exercise programme advising
- Sports coaching
- Sports event co-ordination

Community health and wellness

- Health promotion
- Healthy policy analysis
- Wellness facilitation
- Healthy lifestyle coaching
- Youth development

Māori physical education and health/Māori communities

- Māori health promotion

- Healthy lifestyles coaching
- Gym instruction in Māori communities
- Working with whānau, hapu, iwi and communities in research, leading rangatahi, whānau navigation
- Playing, coaching and administration in Māori sport
- Māori policy and strategy analysis
- Leading Māori physical activity – waka ama, waka hourua, mau rakau

Research

- Physical activity and health research
- Research consultancy
- Data analysis physical education
- Physical exercise programme advice
- Physical education teaching
- Sports co-ordination
- Sports coaching



"Sport is a unique industry that requires a lot of enthusiasm. I saw that by studying at Otago I could learn everything I needed to be successful. The course was rewarding and challenging and covered everything from health information to the development and management of sports."

Matthew de Vries

*Bachelor of Applied Science (major: Physical Education, Activity and Health; minor: Sports Development and Management)
Sports Hub Manager, the Elmwood Club*

Exercise and Sport Science



Sport technology

- Software engineering
- App design
- Sport equipment and clothing design

High performance sport

- Regulatory advice for governing bodies

- Professional sportsperson
- Performance and technique analysis
- Sports trainer
- Strength and conditioning coach
- Mental skills coach

Performance consultancy

- Sport scientist/analyst

- Exercise physiologist
- Community sports co-ordinator
- Workplace fitness co-ordinator/analyst

Sport and exercise research

- Biomechanist
- Clinical exercise physiologist
- Research assistant



"Whilst studying for my BSc degree, I worked at Unipol Recreation Services. Initially, I began as a fitness leader. My role was to prescribe exercise to students, staff or external gym members. This gave me a great platform to be able to apply my exercise knowledge in a real-world setting while I was still studying. It also helped me develop interpersonal skills, which I believe are critical to any job."

Ashton Tourell

*Bachelor of Science with Honours (Sport, Exercise and Health)
Research Assistant, New Zealand Rugby*