

WELCOME TO THE UNIVERSITY OF WAIKATO



THE UNIVERSITY OF
WAIKATO
Te Whare Wānanga o Waikato



MIHIMIHI WELCOME

Peaceful – 2nd safest country in the World
(2021 Global Peace Index)

Stunning landscapes – go from mountains to
beaches to forests in one afternoon

Indigenous culture – vital role in our identity

Climate – our mild climate is perfect for
exploring

Happiness – 9th happiest country in the
world!

Integrity – no.1 in the world for equal rights
and ethical practices

Why New Zealand?



WHERE IS THE UNIVERSITY OF WAIKATO

Nestled in heart of the North Island, the University of Waikato has two campuses in the North Island, one in Hamilton within the Waikato region and one in Tauranga within the Bay of Plenty region.



1hr 30min to **AUCKLAND***

TAURANGA



HAMILTON



*Duration from our Hamilton campus

Where we are



A man in traditional Maori attire, including a feather in his hair and a necklace, is performing a haka. He is sticking his tongue out and has a fierce expression. The background shows other people in traditional clothing and a wooden wall with geometric patterns.

Welcome to

Waikato



HAMILTON CAMPUS

WAIKATO



HAMILTON

- 180,000 people – 4th most populous in NZ
- Friendly, vibrant student city
- Growing and diverse economy; world-class centre for agricultural biotech
- Affordable cost of living compared to other NZ cities
- Mild climate – warm summers (22-26C) and cool winters (5-15C)
- Central location – Auckland, beaches, Rotorua, Taupo, Tauranga
- Sport: NZ cycling and rowing; Waikato Chiefs rugby

Where we are





HAMILTON CAMPUS

- A ten-minute drive from the city centre
- On-campus shops, cafés, bookstore, and gym
- Four Halls of Residence
- Gallagher Academy of Performing Arts
- State-of-the-art laboratories
- 65 hectare (160 acre) all-in-one campus: one of the largest in NZ
- 3 lakes
- Student health centre and pharmacy; post shop
- Cafés, sushi, Indian, halal

Where we are



TAURANGA CAMPUS

BAY OF PLENTY






TAURANGA

- Our second campus is based in the city of Tauranga
- 5th largest city in New Zealand – 155,000 people
- 1 hour and 15 minute drive from the Hamilton campus
- Our new CBD campus opened in 2019
- Golden sand beaches at your doorstep!
- Areas of study: Arts, Business, Engineering, Law, Marine, Science, Social Sciences, Social Work, Teaching

Where we are



Sport and Human Performance



FOR THE PEOPLE
WHO ARE
PUSHING
THE LIMITS

Why Waikato?

- Ranked 101 -140 for Sports-related Subjects in the QS World Ranking
- Ranked in the top 50 in the world for Leisure Management
- Just held two of the most major global sporting events for women in New Zealand – FIFA and Rugby woman's world cup
- Great links to community and industry:
 - Chiefs Rugby, Magic Netball
 - K'aute Pasifika - provide a range of services to Pacific people and other disadvantaged groups in the Waikato region, to improve their well-being
 - Raukura Hauora - the largest Māori health provider in the Auckland South region
- Lots of opportunities to develop knowledge and skills through practical and applied learning



FACILITIES

HAMILTON

- NEW! Sport Science Teaching Lab
- NEW! Human Movement lab
- UniRec
- Chiefs HQ

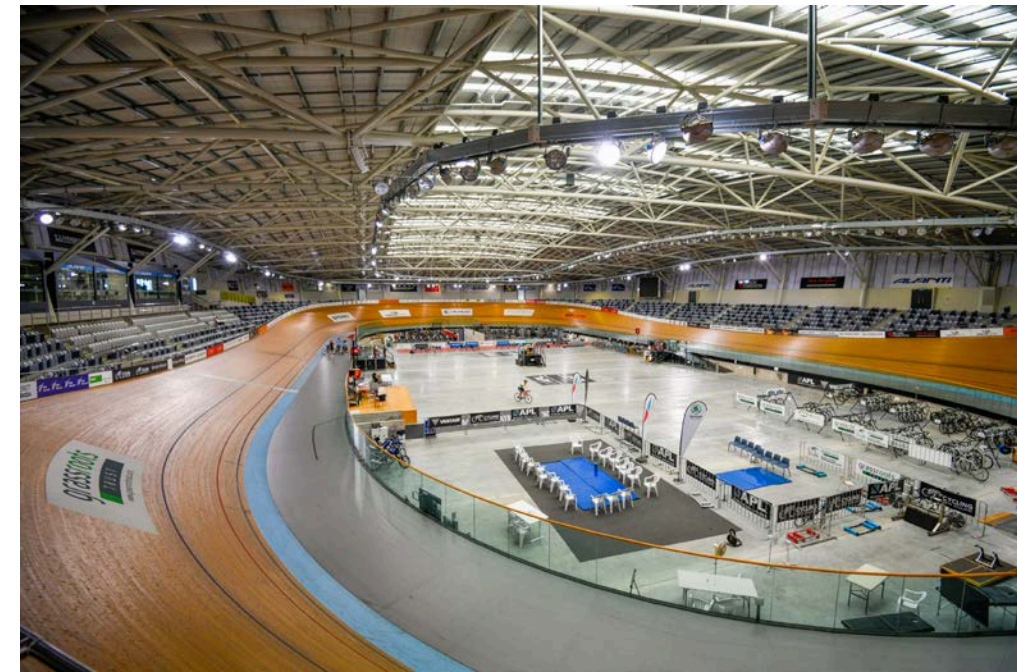


CAMBRIDGE

- UoW Sports Laboratory at the Avantidrome

TAURANGA

- UoW Adams Centre for High Performance





Degree Programmes + Majors

- Bachelor of Health
 - Population Health
 - Biomedical Sciences
- Bachelor of Sport and Human Performance
 - Sport Development and Coaching
 - Human Performance Science
 - Healthy Active Living



Sport Development and Coaching

200 Level

Code	Paper Title	Points	Occurrence / Location [?]
HPSCI206	Psychology of Health, Sport and Human Performance	15.0	24B (Hamilton), 24B (Online) & 24B (Tauranga)
<p>This paper addresses key psychological aspects of sport and human performance. Select psychological concepts are covered to develop knowledge, understanding and skills important to a broad range of career and leadership pathways within and beyond sport and exercise. Topics will include confidence and motivation, goal setting, resil...</p>			
SDCOA201	Sport and Community Development: Identity, Culture and Society	15.0	24A (Hamilton) & 24A (Tauranga)
<p>In this paper students will develop critical understandings of how sport is used for the purposes of health, wellbeing and social development within local, national and international communities. Students will be introduced to more advanced key concepts and theories within sociology of sport and development studies, adding in conce...</p>			
SDCOA202	Negotiating Sport Development and Coaching Contexts	15.0	24A (Tauranga), 24B (Hamilton) & 24B (Online)
<p>Sport development and coaching occurs in complex and dynamic interpersonal, physical and organisational environments. This paper introduces and develops knowledge and skills to negotiate effective partnerships for learning in the coaching and instructing nexus.</p>			
SDCOA203	Athlete-centred Coaching	15.0	24B (Hamilton) & 24B (Tauranga)
<p>This paper advances practices integral to learner/athlete centred coaching, facilitation and instruction in an array of sport and recreation settings.</p>			

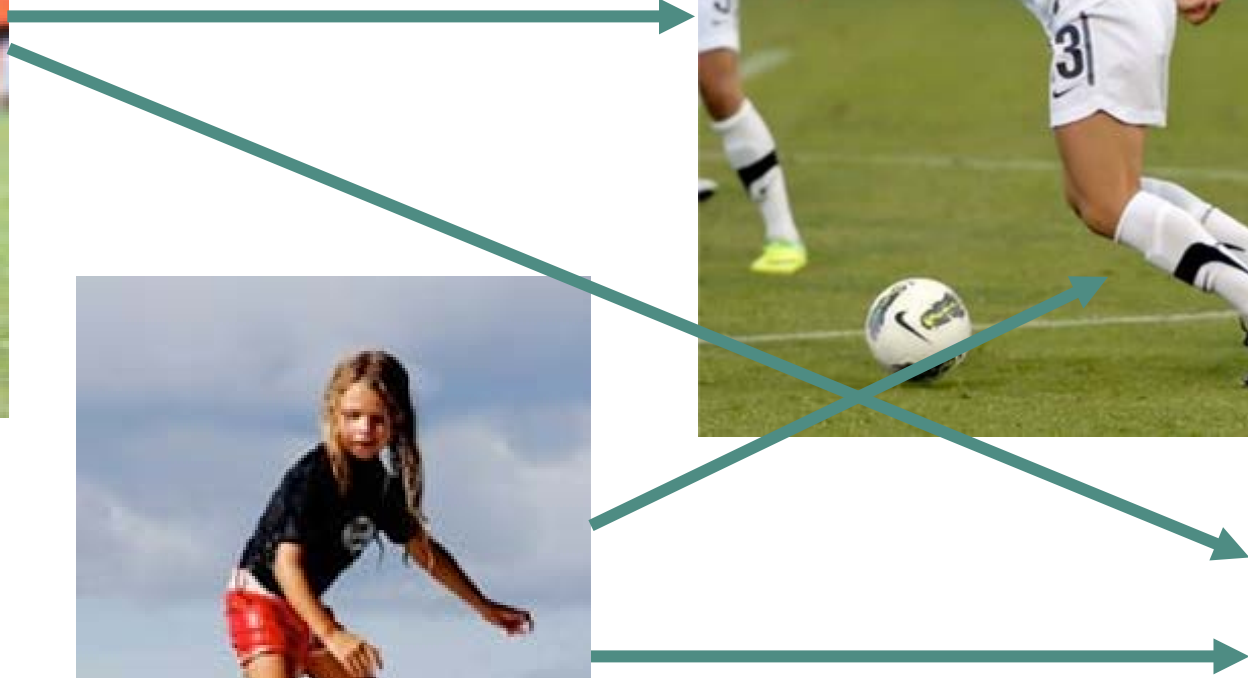
Sport Development and Coaching

300 Level

Code	Paper Title	Points	Occurrence / Location [?]
SDCOA301	Contemporary Issues in Sport Development in Local and Global Contexts	15.0	24A (Hamilton) & 24A (Tauranga)
<p>In this paper students will develop critical understandings of how sport is used for the purposes of health, wellbeing and social development within local, national and international communities. Students will interrogate through a social justice lens, contemporary issues in these communities and the key themes running through thes...</p>			
SDCOA303	Sport, Media and Communication	15.0	24B (Hamilton) & 24B (Online)
<p>This paper expands students' critical sociocultural understanding of the media. Students will develop knowledge of the production and consumption of various forms of media (including social media), and have the opportunity to develop skills in critical media analysis and production.</p>			
SDCOA304	Advances in Coaching Practice	15.0	24B (Hamilton) & 24B (Tauranga)
<p>This paper critically examines the instructional strategies and practices adopted to promote effective instruction in selected settings. A range of technologies to support the analysis and reflection process are utilised. Students will have the opportunity to apply these in a broad range of coaching and instructional settings.</p>			
SDCOA305	Understanding Healthy Bodies	15.0	24A (Hamilton) & 24A (Tauranga)
<p>This paper develops a sociocultural understanding of the body.</p>			
SDCOA306	Psychomotor Learning and Performance	15.0	24B (Hamilton)
<p>This paper provides a broad research informed overview to themes associated with perceptual and psychological factors that influence how people learn and perform movement skills.</p>			

Sport Development and Coaching: Putting together the 'puzzle' of how sport works





Human Performance Science

200 Level

Code	Paper Title	Points	Occurrence / Location [?]
HPSCI202	Psychomotor Learning and Performance	15.0	24B (Hamilton)
<p>The paper provides a broad research-informed introduction to themes associated with perceptual and psychological factors that influence how people learn and perform movement skills.</p>			
HPSCI203	Nutrition for Health and Exercise	15.0	24A (Hamilton) & 24A (Tauranga)
<p>This paper will include an overview of nutrition in the context of sport and health related settings, with focus on understanding the roles of macro and micro-nutrients, energy balance, measurement of resting, exercising energy expenditure, chronic lifestyle related disease and influences on current diet practices.</p>			
HPSCI204	Biomechanics in Sport: Functional Anatomy and Biomechanical Principles	15.0	24A (Hamilton) & 24B (Tauranga)
<p>This paper covers basic biomechanics concepts, including static mechanics, dynamic mechanics, kinematics, and kinetics. Injury mechanics, prevention and rehabilitation principles and practices are also addressed in the context of sport.</p>			
HPSCI205	Exercise Prescription	15.0	24A (Tauranga) & 24B (Hamilton)
<p>This paper introduces students to the study of safe and effective exercise prescription to meet a range of health, fitness, and performance goals across different populations.</p>			
HPSCI206	Psychology of Health, Sport and Human Performance	15.0	24B (Hamilton), 24B (Online) & 24B (Tauranga)
<p>This paper addresses key psychological aspects of sport and human performance. Select psychological concepts are covered to develop knowledge, understanding and skills important to a broad range of career and leadership pathways within and beyond sport and exercise. Topics will include confidence and motivation, goal setting, resil...</p>			
HPSCI207	Exercise Physiology	15.0	24A (Hamilton) & 24A (Tauranga)
<p>This paper examines human physiology in the context of exercise. Short and long term responses of physiological systems will be examined with a focus on adaptations that support wellbeing and performance.</p>			

300 Level

Human Performance Science

Code	Paper Title	Points	Occurrence / Location [?]
HPSCI301	Advanced Exercise Physiology	15.0	24A (Hamilton) & 24A (Tauranga)
The paper critically examines complex physiological mechanisms and explores innovative strategies to manipulate these mechanisms to enhance fitness, performance and health.			
HPSCI302	Advances in Human Performance Psychology	15.0	24B (Hamilton)
The paper examines historical and contemporary approaches to the psychology of human performance in physical activity, sport and other domains, with emphasis on the role of conscious and nonconscious psychological processes that underlie movement.			
HPSCI303	Advanced Biomechanics in Sport: Performance Enhancement and Injury Prevention	15.0	24A (Hamilton) & 24A (Tauranga)
The paper critically examines the theoretical/biomechanical concepts involved in analysing and monitoring human movement to enhance health and performance outcomes.			
HPSCI304	Advanced Strength Conditioning and Exercise Prescription	15.0	24B (Hamilton) & 24B (Tauranga)
This paper explores technological innovations in sport and human performance. It aims to investigate the various forms of technologies used to measure and monitor human performance in sport.			
SDCOA304	Advances in Coaching Practice	15.0	24B (Hamilton) & 24B (Tauranga)
This paper critically examines the instructional strategies and practices adopted to promote effective instruction in selected settings. A range of technologies to support the analysis and reflection process are utilised. Students will have the opportunity to apply these in a broad range of coaching and instructional settings.			

Translating Differences

Waikato/New Zealand vs NIH/Norway

- Our sport development programme is relevant for Sport Coaching/Management – different wording but there are a lot of cross over in our papers.
- We are extremely strong in the social cultural area of sport and social science of sport.
- NIH Sport and Sustainability masters would be well set up for by a study abroad with us at Waikato
- Sports medicine is not a good fit yet, but taught education and outdoor studies (friluftsliv) is very relevant within Sport Development and Coaching
- How sport plays a role in sustainable development – this won't be clear in our paper names but we definitely have papers that would be a great fit – would connect students/staff with Waikato colleague (Belinda)





STUDY ABROAD AND EXCHANGE WITH US

- Choose one or two trimesters of study:
 - A trimester: Feb – June
 - B trimester: July – Nov
- Full time enrolment = 4 papers (courses)/60 Waikato points
- All areas of study open to exchange and study abroad students and papers can be taken across departments
- Our papers are built with theoretical and practical components to enable students get the best possible academic experience

Why choose Waikato



STUDY ABROAD WITH US

- Waikato has roughly 12,000 students
- Around 2,000 of our students are international
- Our smaller class sizes mean greater interaction with our award-winning academics and generally a more supportive study environment
- Lectures can have anywhere from 20-60 students
- Tutorials and labs will have around 10-15 students
- Our geography and culture present opportunities for students to study subjects they wouldn't get to at home



HALLS OF RESIDENCE

We guarantee on-campus accommodation!

COLLEGE HALL		Cost per trimester
267 rooms available	Fully or self-catered	\$4,000 or \$7,800
SILVERDALE APARTMENTS		Cost per trimester
53 apartments available	Self-catered	\$5,500
BRYANT HALL		Cost per trimester
178 rooms available	Fully or self-catered	\$4,000 or \$6,500
STUDENT VILLAGE		Cost per trimester
252 rooms available	Fully or self-catered	\$4,00 or \$6,500

Note; Additional costs include Deposit (\$400), Admin fee (\$150) and Activity Fee (\$100).

Why choose Waikato



HALLS OF RESIDENCE

ORCHARD PARK COTTAGES

Cost per trimester

252 rooms available

Self-catered

\$4,000

Tauranga

SELWYN STREET

88 rooms available

Self-catered

Cost per week: \$320 NZD



Why choose Waikato

SUPPORT

- Student Centre (library & quiet spaces) in Hamilton, and The Hub in Tauranga
- Cultural and Faith Support
- Career Development Services
- Dedicated staff member to support exchange students
- Accessibility Support Services
- Medical Centre and Pharmacy
- Mental Health Nurses and Counselling Services
- Free Auckland airport pickup
- Week-long Orientation
- Tutoring

Why choose Waikato





SUPPORT

- International Orientation
- Student Trips
- Study Abroad Network (SAN): a student club that runs events and trips
- International Buddy Programme
- Performing Arts Centre
- Student clubs and sports
- International Day
- Farewell Ceremony





Hamilton Gardens

- Ranked #1 botanical garden in NZ
- 10 minutes from campus



Waikato River Path



Raglan Surf Beach



Hobbiton

At the end of every Orientation Week, our study abroad and exchange cohort visits the lush pastures of the Shire, the stunning movie set from The Lord of the Rings and The Hobbit trilogies.





Waitomo Glow Worm Caves

Discover the magic of underground glow worm grottos and caves that light up with thousands of glow worms.



Tongariro Crossing

Often described as New Zealand's best day hike, students will trek across an unbelievably scenic volcanic alpine landscape

GET IN TOUCH



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waikato.ac.nz



[University of Waikato](https://www.youtube.com/UniversityofWaikato)



facebook.com/WaikatoUniversity



[Waikatouni](https://www.snapchat.com/add/WaikatoUniversity)



[@waikatouniversity](https://www.instagram.com/waikatouniversity)

