Bachelor of Sport and Exercise Science

Professionals in the exercise science industry are trained to apply their knowledge about exercise and its effect on the body to a variety of careers. They may work with sporting agencies and athletes to improve strength and fitness or provide performance analysis. They may also work in roles that promote improved health and wellness within the community, deliver health testing and education programs in corporate environments, or provide sport and recreation services in the tourism and hospitality sector. A research career can lead to developments in sport and exercise science that result in healthier communities and fitter and stronger athletes.

Why choose this course?

QUT’s degree in sport and exercise science is one of the first university programs in Australia to offer you a clear pathway into a career as accredited exercise scientist or accredited sports scientist. You will learn to apply complex knowledge to the design, delivery, and evaluation of exercise programs, interventions and assessments that meet the specific needs of your clients.

During this course you will complete 280 hours of professional placement with organisations that may include sporting associations, fitness centres, school coaching programs, strength and conditioning programs, academies of sport and related organisations. Placement experiences may include:

- performance analysis of elite athletes and sportspeople
- strength and conditioning training
- school coaching and talent development
- corporate health.

You will develop confidence in using industry equipment and techniques with facilities on campus that include laboratories for biomechanics, motor control, injury prevention and resistance training. You will access technology that is used by elite sporting teams and coaches to analyse performance.

Your first year of study will focus on an introduction to exercise science, anatomy, physiology and coaching. You will begin to apply this knowledge in a sport and exercise science context with complementing studies in exercise psychology, physical activity and health.

During second year, you will continue with studies in core exercise science units of...
exercise physiology, motor control, skill acquisition and biomechanics, and begin to develop a more holistic understanding of the profession with studies in related areas including food and nutrition, and research in exercise and movement science.

Units in your final year concentrate on applied sport and exercise science, specifically sports physiology, sports injury prevention and rehabilitation, sports psychology and performance analysis. This is complemented with professional placement in an area that is of specific interest.

**Assumed knowledge**
Before you start this course we assume you have sound knowledge in these areas:
- English
- Maths B

Plus one of Chemistry, Physics or Biology. We assume that you have knowledge equivalent to four semesters at high school level (Years 11 and 12) with sound achievement (4, SA).

Recommended study: Health Education or Physical Education.

**Careers and outcomes**
This course provides students with a defined career path as an Accredited Exercise Scientist or Accredited Sports Scientist. Graduates are prepared for a career in fitness, strength and conditioning coaching, performance analysis, corporate health, or exercise and sport science research.

You may be employed with sporting teams, community health providers, corporate organisations, education providers, gymnasiurns and sports centres, or in the tourism industry.

A research career can lead to developments in sport and exercise science that result in healthier communities, and fitter and stronger athletes.

**Professional recognition**
This new course is provisionally accredited with Exercise and Sports Science Australia (ESSA). QUT will seek full accreditation with ESSA to give graduates professional recognition as an accredited exercise physiologist during 2019.

Graduates seeking professional recognition as a sports scientist level 1 will need to complete a further minimum of 80 hours of sport employment in order to meet ESSA requirements.

**Fees**

**HECS-HELP**
You may be eligible for HECS-HELP, a loan scheme to help you pay your course fees, if you are an Australian citizen or hold an Australian permanent humanitarian visa. For other conditions read the HECS-HELP information.

**Student Services and Amenities Fee**
You’ll need to pay the student services and amenities fee as part of your course costs. You may be eligible for SA-HELP, a loan scheme to help you pay your student services and amenities fee, if you are an Australian citizen or hold an Australian permanent humanitarian visa. For other conditions read the SA-HELP information.

**Advanced standing**
To ensure students meet accreditation requirements after successful completion of this degree, advanced standing will not be granted:
- for studies completed at Australian Qualification Framework (AQF) level 5 or lower. AQF levels can be confirmed at https://www.aqf.edu.au/aqf-levels
- for un-credentialed learning or work experience cannot be used for the purposes of receiving credit for units of study or meeting practicum requirements within the course.

**Course requirements**
There are requirements that you will need to meet as a student in this course. You will need to identify these requirements and ensure you allow sufficient time to meet them. Some of these requirements have associated costs.

Blue card: You must undergo a criminal history check for working with children and be issued with a suitability card (blue card) before commencing clinical placement/practicum in an organisation where they may work with children or young people.