### Bachelor of Sport and Exercise Science

<table>
<thead>
<tr>
<th>Year</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>QUT code</td>
<td>XN50</td>
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<tr>
<td>QTAC code</td>
<td>425302</td>
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<tr>
<td>CRICOS</td>
<td>093231D</td>
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<tr>
<td>Duration</td>
<td>3 years full time</td>
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<tr>
<td>OP</td>
<td>13</td>
</tr>
<tr>
<td>Rank</td>
<td>72</td>
</tr>
<tr>
<td>Total credit points</td>
<td>288</td>
</tr>
<tr>
<td>Deferrment</td>
<td>You can defer your offer and postpone the start of your course for one year.</td>
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<tr>
<td><strong>Domestic fee</strong>&lt;br&gt;(indicative, subject to annual review)</td>
<td>2020 CSP $7,800 per year full-time (96 credit points)&lt;br&gt;2019: CSP $7,600 per year full-time (96 credit points)</td>
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<tr>
<td>OP Guarantee</td>
<td>Yes</td>
</tr>
<tr>
<td>Course contact</td>
<td><a href="mailto:askqut@qut.edu.au">askqut@qut.edu.au</a>&lt;br&gt;3138 2000</td>
</tr>
<tr>
<td>Campus</td>
<td>Kelvin Grove</td>
</tr>
<tr>
<td>Start months</td>
<td>February</td>
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</table>

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

### Frankie Devitt

**Achieve your dreams**

‘I love studying at QUT because it allows me to meet incredible people in incredible facilities. As part of my time with the Brisbane Roar, we’ve been allowed to go along to Suncorp and learn about all the processes that go behind each and every game. What I’ve enjoyed most about this experience would be the opportunity to put what I’ve learned over the years at QUT into a real world situation.’
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, gymnasiums 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
Quality 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.

The processing of your application may
take several months so you must submit
your blue card application to HiQ as early
as possible to ensure you have your card
before you begin any unit that requires
contact with children. There is no charge
for student blue cards. Students who
already have a blue card must register it
with QUT.

Information is available from the
Additional course requirements and costs
website.