**Bachelor of Sport and Exercise Science**

Sport and exercise science professionals apply their knowledge about exercise and its effect on the body to a variety of careers. These include improving strength and fitness of athletes undertaking performance analysis with sporting organisations, promoting health and wellness, health testing and education programs, or sport and recreation services in the tourism and hospitality sector.

**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.

**Benjamin McMaster**

**Pursue your interests further**

During my undergraduate sport and exercise science studies at QUT I developed a passion for exercise physiology. In particular, how to improve the performance and recovery of athletes. This inspired me to progress to a Master of Philosophy focused on the physiological responses and adaptations to exercise in extreme hot and humid environmental conditions. QUT has some of the leading experts in environmental physiology, neuromuscular fatigue, and sports science, as well as world-class laboratory facilities.
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, or Literature, or English and Literature Extension, or English as an Additional Language (Units 3 & 4, C)
- Mathematical Methods (Units 3 & 4, C)

Plus one of Chemistry (Units 3 & 4, C), Physics (Units 3 & 4, C) or Biology (Units 3 & 4, C).

**Careers and outcomes**
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 during 2020 to give graduates professional recognition as an accredited exercise physiologist.

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.

**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](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.

**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.

**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.