Clinical exercise physiologists have expert knowledge about how exercise can improve health and fitness or reduce the onset of chronic disease and its related symptoms. They are skilled in developing rehabilitation programs for patients with acute and chronic medical conditions such as diabetes, arthritis and cardiovascular disease. With their extensive understanding about the effects of exercise on the body’s systems, they can also provide advanced injury prevention and exercise programming advice. Medicare and many private health insurers recognise and cover services supplied by accredited exercise physiologists.

Why choose this course?
You will complete 500 hours of professional placement during this course. This work integrated learning is completed at QUT Health Clinics and external locations including hospitals, local government and private health providers.

QUT Health Clinics, located at Kelvin Grove campus, provide professional health services to the community and students in this course deliver many of these services under the supervision of accredited professionals. You will become familiar with equipment and techniques that are used across industry, including technology used by clinicians to analyse and monitor performance.

During your studies, you will be taught by experts who have industry experience that spans hospitals, private practice, and research. You will access industry equipment in the biomechanics, motor control, exercise physiology, strength conditioning and clinical skills laboratories and consultation rooms.

Under the supervision of accredited professionals, you will apply your knowledge and practise patient care skills to deliver services in:
- exercise-based rehabilitation and advice for clients with an acute injury or after surgery
- exercise programs for those at risk of, or those with, existing chronic conditions and medical conditions
- personal exercise programs and fitness assessments for the local community.

Clare Dal Bon
Gain the experience you need

'I found the experience at both the QUT Health Clinics and my external practicum sites invaluable. By my final year I was confident consulting one-on-one with patients, performing blood pressure readings, blood glucose tests, musculoskeletal and cardiovascular assessments. The experience I gained at the QUT Health Clinics equipped me to handle complex patient cases at external placement sites.'
Assumed knowledge
Before you start this course we assume you have sound knowledge in these areas
- English
- Maths B
Plus one of Biology, Chemistry, or Physics. 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.

Honours pathway
This course offers an honours pathway at the end of the second year into the Bachelor of Clinical Exercise Physiology (Honours). You will complete an honours research project that extends your knowledge of the professional field, offering a competitive advantage in your career.

Entry into the program is competitive and based on grade point average. On entry to the course you will retain all of the credit you have successfully completed in the Bachelor of Clinical Exercise Physiology and will complete a further two years of full-time study.

Career outcomes
Accredited exercise physiologists have skills that can be applied to a variety of clinical professions. Many graduates are employed by hospitals and clinics for prevention and rehabilitation of patients with injuries and a range of cardiac, musculoskeletal, occupational, neurological and psychological disorders. Graduates can also move into private practice and work as specialists in clinical diagnostics, exercise programming and health promotion.

Professional recognition
This 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.

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.

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