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Welcome from the Head of School

Welcome to what I hope will be a journey of discovery as you embark on your undergraduate career.

The School of Human Movement and Nutrition Sciences (HMNS) is internationally renowned as one of Australia’s leading education and research centres in the human movement and nutrition sciences. You are joining a vibrant and friendly community of highly awarded teaching staff and dedicated students.

The HMNS Student Guide, in addition to important information regarding your specific program and our School on our UQ and HMNS websites, are excellent reference sources for information regarding your program and university policy and procedures and I encourage you to peruse them both at your convenience.

Best of luck for your studies in 2015.

Regards

Andrew Cresswell, Head of School
Our School

The School of Human Movement and Nutrition Sciences is internationally renowned as one of Australia's leading education and research centres in human movement science, the nutrition sciences and dietetics. The School draws on the biophysical and sociocultural sciences to extend, apply and transmit knowledge and understanding in the multi-disciplinary fields of exercise and sport sciences, nutrition and dietetics, health, sport, physical education, sport coaching, sports medicine, and sport and exercise psychology.

Understanding human movement and nutrition requires the application and integration of the methods, theories, and knowledge of a vast range of disciplines. These disciplines include the biological sciences of anatomy, physiology and biochemistry, the physical sciences of physics, mathematics and chemistry, the social sciences of psychology, sociology and pedagogy and the humanities, such as history and philosophy.

The School provides leading edge education and research programs, as well as general and specialist services to elite athletes, the apparently healthy, elderly, children, those suffering from chronic disease and people with disabilities. The goal is to promote health and wellbeing, and optimal physical performance, of individuals and populations of all ages.

Our researchers collaborate within UQ's globally-competitive research environment, as well as with top hospitals, private clinics, schools, government departments and other institutions nationally and internationally. They attract funding of close to $2.0 million per annum from organisations including the National Health and Medical Research Council (NHMRC), The Australian Research Council (ARC), Queensland Health, Department of Health and Ageing, Education Queensland, The National Heart Foundation and other similar organisations.

The School Human Movement and Nutrition Sciences is located within the Faculty of Health and Behavioural Sciences which offers the widest range of health study areas of any Australian University, featuring more than a dozen disciplines. The Faculty has a reputation for research discoveries with local and global impact.
Undergraduate Programs

The purpose of this booklet is to provide new and continuing students with general information about the programs and courses offered by the School of Human Movement and Nutrition Sciences and to acquaint students with the philosophy, organisation and internal policies of the School.

This Student Guide is intended as a guide only and as such does not constitute an official document of The University of Queensland. The information in this booklet should therefore be read in conjunction with The University of Queensland’s Policies & Rules and Courses & Programs Information. The University of Queensland Program Information Handbook is available for purchase from the University Bookstore on the St Lucia campus and all students are encouraged, in the strongest possible terms, to acquaint themselves with the rules relevant to their particular program of study.

Bachelor of Exercise and Sport Sciences (Honours)

From the Program Convenor, BExSS (Hons)

The BExSS (Hons) degree is designed to prepare students for careers in the health, exercise, fitness and sports industries. The program provides students with a comprehensive preparation for professional practice in clinical exercise physiology, exercise science, sports science and related areas. Students will learn in a variety of professional settings to gain practical experience.

Major in Clinical Exercise Physiology

After a year of study, students can continue to study exercise and sport sciences or apply for the Clinical Exercise Physiology (CEP) major. The CEP major covers all aspects required for graduates to be eligible for a Medicare provider number to practice as an accredited Clinical Exercise Physiologist. There is a limited number of places in the CEP major (relating to the number of available practicum placement sites); entry to the major will be determined by GPA.

Professional Membership: Exercise and Sports Science Australia

Regards,

David Jenkins, Program Convenor, BExSS (Hons)
First Year Enrolment - BExSS (Hons)

Semester 1
BIOL1040  Cells to Organisms
BIOL1900  Biophysical Development, Measurement & Assessment
NUTR1023  Health & Fitness through Diet & Exercise
SPCG1000  Sport Coaching: Learning, Talent and Performance

Semester 2
ANAT1005  Anatomical Basis of Human Movement
HMST1910  From Bradman to Freeman: Mythic Qualities of Australian Sport
HPRM1000  Physical Activity & Health
PHYL1007  Physiology for Human Movement Studies

Bachelor of Health, Sport and Physical Education (Honours)

From the Program Convenor, BHSPE (Hons)
The BHSPE (Hons) degree is designed to prepare students for careers in health and physical education. It also prepares students for professional practice in sport education and related areas.

The program provides students with an integrated education in the discipline of human movement studies as well as a comprehensive preparation for professional practice in education and related areas such as sports coaching, health promotion and recreation management.

Graduates of the Bachelor of Health, Sport and Physical Education (Honours) program can undertake further study to gain qualifications as a Clinical Exercise Physiologist or Sports Coach.

Professional Memberships:
- Queensland College of Teachers
- Australian Council for Health, Physical Education and Recreation

Regards,

Louise McCuaig, Program Convenor, BHSPE (Hons)
First Year Enrolment – BHSPE (Honours)

Semester 1
BIOL1040 Cells to Organisms
BIOL1900 Biophysical Development, Measurement & Assessment
NUTR1023 Health & Fitness through Diet & Exercise
SPCG1000 Sport Coaching: Learning, Talent and Performance

Semester 2
ANAT1005 Anatomical Basis of Human Movement
HMST1910 From Bradman to Freeman: Mythic Qualities of Australian Sport
HPRM1000 Physical Activity & Health
PHYL1007 Physiology for Human Movement Studies

Bachelor of Exercise and Nutrition Sciences

From the Program Convenor, BENS

The BENS program is a versatile degree that recognizes not only the influence of exercise and nutrition on the development of a number of diseases, but also the relationship between nutrition and human performance.

The program provides students with a broad understanding of scientific principles as well as integrating key areas of exercise and nutrition sciences. Students will be given the foundations to enter a diverse range of fields, continue on to postgraduate study in specialisations such as clinical exercise physiology, dietetics, sports coaching, medicine or physiotherapy, or move into an honours program to pursue a research area of interest.

The degree’s flexibility allows students to tailor their program to meet their interests and career aspirations.

Graduates in BENS Program can work in/as:

- Sport and recreation officer
- Community nutritionist
- Delivering corporate health and wellness programs
- Promotion of nutrition and physical activity in schools
- Careers in the fitness industry
- Providing nutrition communication for the food industry
Regard,

Michael Leveritt, Program Convenor (BENS)

First Year Enrolment – BENS (Pathway to Dietetics, Medicine, Rehabilitation Sciences)

**Semester 1**
- BIOL1040  Cells to Organisms
- BIOL1900  Biophysical Development, Measurement & Assessment
- NUTR1023  Health & Fitness through Diet & Exercise
- [CHEM1090 Introductory Chemistry*](#)
  or
- [CHEM1100 Chemistry 1*](#)

**Semester 2**
- CHEM1221  General, Organic & Biological Chemistry
- ANAT1005  Anatomical Basis of Human Movement
- PHYL1007  Physiology for Human Movement Studies
- HPRM1000  Physical Activity and Health

First Year Enrolment – BENS

**Semester 1**
- BIOL1040  Cells to Organisms
- BIOL1900  Biophysical Development, Measurement & Assessment
- NUTR1023  Health & Fitness through Diet & Exercise
- [CHEM1090 Introductory Chemistry*](#)
  or
- [CHEM1100 Chemistry 1*](#)

**Semester 2 onward**
Refer to the BENS Program Course List

* In accordance with BENS Program Rule 3 (1): A student who enrolled in the program without having received a sound achievement in year 12 – (a) chemistry; or (b) maths B, must undertake and gain credit in an equivalent chemistry (CHEM1090 Introductory Chemistry) or maths B course (MATH1040 Basic Mathematics) from Part C of the BENS list before enrolling in advanced courses. Students who are planning to apply for postgraduate programs in Dietetics, Medicine or Rehabilitation Sciences who *have* received a sound achievement in Year 12 Chemistry should complete CHEM1100 Chemistry 1.
**Bachelor of Exercise and Nutrition Sciences (Honours)**

The Bachelor of Exercise and Nutrition Sciences (Honours) is offered to students with a generalist background in the exercise sciences and nutrition sciences who wish to gain honours qualification. This one-year program offers students the opportunity to undertake research studies in a range of fields such as human movement studies (e.g. biomechanics, motor control, exercise physiology, sport and exercise psychology) and nutrition (e.g. food science, food and society, nutrition and disease). The degree will serve as an important entry point into postgraduate research higher degree programs.

**Class of Honours**

The class of honours for BExSS (Hons) & BHSPE (Hons) and BENS (Hons) programs will be calculated on the basis of the GPA of the results obtained by a student across the 16 units of courses identified in the course list.

**Course Outlines**

The Electronic Course Profile (ECP) is used to publish course “profiles” which includes information about course coordinators, course content, resources, activities and assessment. [https://www.courses.uq.edu.au](https://www.courses.uq.edu.au)

Programs are courses of study leading to the award of degrees or other academic distinctions. Programs are administered by the University's Faculties. Courses are the semester or year-long specific units of study which collectively make up programs. Courses are administered within the individual academic schools of the University.

UQ students who wish to view Electronic Course Profiles (ECP) of courses in which they are enrolled can do so via mySI-net. All published profiles are accessible from the Programs and Courses website [www.uq.edu.au/study](http://www.uq.edu.au/study). The course profile is to be made available to students in both electronic and hard copy form no later than the first scheduled learning activity for each offering of the course. Schools have the option of setting an earlier date for the release of course profiles to facilitate student learning.

**Learn.UQ**

Learn.UQ uses the learning management system Blackboard. Every undergraduate course offered at UQ has a Learn.UQ course for its students.
Blackboard is an educational, teaching and learning framework providing electronic delivery of coursework material. Online course information is provided to you to enable them to access course information and communication in an interactive environment.

**Important Dates**

Please note there are several key dates affecting students throughout the year. All of the important key dates can be found in the UQ Enrolment Guide 2015 and also at the following website:

http://www.uq.edu.au/startingatuq/important-dates

**Course Prerequisites & Requirements**

*Immunisation*

Before commencing a course in which, in the opinion of the Executive Dean, the student may be at risk of contracting or passing on a blood-borne virus or other disease, the student must complete a schedule of immunization approved by the executive dean.

The requirements under sub-rule (1) may be waived only if (a) the student provides evidence of his or her status with respect to immunity against blood-borne viruses or other diseases prescribed in the schedule; or (b) approved by the Executive Dean.

*Permission to Enrol*

Enrolment in some courses will not be permitted until permission is gained from HMNS Administration. This will involve courses for which, in the opinion of the Executive Dean, the student is required to prove attainment of specific prerequisites which may include immunization, First Aid Certificate, Blue Card, GPA Requirement or particular course(s) being passed. For permission to enrol, please contact hmns@.uq.edu.au

*Blue Card*

BExSS (Hons) students are required to have a valid Blue Card before the commencement of Year 2 of their program. BHSPE (Hons) students are required to have a valid Blue Card before commencing a course in which children or young people may be involved.

To receive a Blue Card a compulsory screening process is conducted based on your criminal history, to determine your suitability to work in child-related employment (Commission for Children and Young People Act 2000). All Blue Card information and forms are available from
Pre-filled School of Human Movement and Nutrition Sciences forms are also available from HMNS reception.

**First Aid and CPR Certificate**

BExSS (Hons) students must provide evidence of a valid first aid and CPR certificate before the commencement of Year 2 of their program and thereafter hold a current first aid and CPR certificate for the duration of the program. BHSPE (Hons) students must provide evidence of a valid first aid and CPR certificate before the commencement of year 3 of the program and thereafter hold a current first aid and CPR certificate for the duration of the program.

**Placement Courses**

Students on a placement course – also known as a work placement, internship, industry study, industry experience, clinical practice, clinical placement, practical work, practicum, fieldwork, teaching practice – should refer to the University policy, Placement Courses (link to: https://ppl.app.uq.edu.au/content/3.10.04-placement-courses) for information on course administration, assessment, dispute resolution, expectations and responsibilities.

For information about BExSS (Hons) and BHSPE (Hons) practicums http://www.hms.uq.edu.au/current-students/undergraduate-students/practicum-information/

BExSS (Hons) students can apply for the Clinical Exercise Physiology major at the end of year one. Entry is by competitive selection based on GPA.

**International Exchange Program**

As a HMNS student, you have the opportunity to apply to undertake 1-2 semesters of your program at an overseas university as part of the UQ Abroad international exchange program. Full credit towards your program may be obtained for these studies. In addition to the 130 participating universities worldwide, several of which offer HMNS-related courses, four exchange programs also exist specifically for HMNS students: Loughborough University (UK), University of Michigan (USA), University of Saskatchewan (Canada), and University of Tsukuba (Japan).
Students contemplating exchange need to firstly visit the UQ Abroad Resource Room, Open Monday-Friday (during semester only) from 11:00am to 2:00pm, Room 220, Level 2, Student Union Complex (building 21C) St Lucia. Students can also visit the UQ Abroad website and the HMNS website for more information about Study Abroad and Incoming Exchange.

**School Equipment and Rooms**

**Student Learning Centre**
Opened in 2012, the Student Learning Centre is a modern, purpose-designed premise which is for the exclusive use of students enrolled with the School of Human Movement and Nutrition Sciences. Students from a wide range of degree programs will benefit from the new facility.

The Centre is designed to improve student learning experiences and services and has the capacity to accommodate 100 students. Located on the ground floor (level 1) of the Connell Building, it provides teaching and learning space with a special focus on a technology-rich environment and flexible learning spaces that enhance experiential learning.

The centre includes:
- open space with semi-closed and private booths enabling students to use the spaces for independent personal study and formal or informal group collaboration
- five flat-screen TVs/video/DVDs for learning support and entertainment
- new bathrooms and change rooms
- Wi-Fi and internet connectivity
- laser printing
- food preparation amenities.

**Laboratories**
Laboratories are **not** open to general student use outside of scheduled class times and are **not** to be used as study areas. The laboratories are for teaching and research and their use must be authorised by the lecturer concerned and supervised by a member of the lecturing or tutorial staff.

Requests for use of laboratory space should be made at least 24 hours prior to the time required and bookings are normally handled by the HMNS Receptionist.

All laboratory areas must be left clean and tidy after use. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. The storage and/or consumption of food and drink in the laboratories is strictly forbidden. Used electrodes, blood sampling items, and any other pathological waste material
must also be disposed of in the appropriate manner. Signs located in all laboratories provide instructions for the disposal of specific material.

Any faulty or damaged equipment must be immediately reported to the School Attendant or another member of the Technical Support staff.

**Gymnasiums and School-Controlled Rooms**
The same basic rules that apply to laboratories also apply to these areas. Priority usage is for School classes and activities. The gymnasias are NOT for general usage. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. Use is restricted to the teaching and research activities of the School and select outside groups with authorised bookings. People wishing to book School-controlled rooms need to contact the HMNS Reception.

**After Hours Use of Facilities**
Most laboratories will normally be locked afterhours. Occasionally, laboratories may be open outside normal working hours but access is restricted to authorised staff and students involved in formally scheduled laboratory and/or tutorial classes.

Students who need to use laboratories afterhours or on weekends, other than for scheduled classes, must have written authorisation to be on the premises, signed by their supervisor. Authorisation should be obtained by the student at least 24 hours prior to the time the laboratory is required. This is a University of Queensland OH & S guideline and a School of Human Movement and Nutrition Sciences requirement. The authorisation form, Working After Hours Form – Students is Appendix A, and also page 4 of the OH & S Guideline – Working after hours or in isolation (Students) and is available on the University of Queensland OH&S webpage http://www.uq.edu.au/ohs/ or through reception. A member of the technical staff will arrange for door and alarm access after appropriate written permission has been obtained.

**Scientific Equipment & Sporting Equipment**
NO equipment will be lent to students for uses other than those directly related to class activities.
The usage of sporting equipment and specific scientific equipment is coordinated by the School Attendant and/or a member of the Technical Staff team. Students wishing to borrow equipment for projects or practicals should complete an Issue Record form (available from the School Attendant). Unless a previous arrangement has been negotiated, these forms should be submitted to the Technical Support Group at least 24 hours prior to the time the equipment is required.
When students borrow equipment, they may be required to surrender their Student Card as a deposit. This Card is then returned to its owner when the equipment is returned. Equipment must be returned in its original condition on or before the return date shown on the Issue Record form. Any faulty equipment should be reported immediately. Borrowers may be charged the replacement cost of any lost items.

Equipment ordered using an Issue Record form is to be collected from the School Attendant. When there is a requirement to have the equipment set up or located by the Technical Support Group, further written instructions (e.g. email) detailing this requirement must be submitted to the School Attendant. All requests for technical support from students must have the written approval of their course lecturer. The School Attendant may be contacted by emailing to SchoolAttendant@uq.edu.au.

Any requests for scientific equipment to be used off campus must be approved by the relevant lecturer and the Head of School.

Photocopying
The School copying machines are for the use of staff and postgraduate students only. Card operated machines have been installed on the campus for undergraduate student use, the nearest machines being at the Social Science and Humanities Library and the Student Union complex.

Computing Equipment
Independent use of the School's computing facilities is restricted to staff and suitably trained postgraduate students and is controlled by a password system. Undergraduate students may only use computing equipment other than that located in the Student Learning Centre on level 1 of the Connell building, under the direct supervision of a staff member. Please note that it is a strict requirement that any removable media brought into the School, MUST be checked with a virus scanner. All school (HMNS) computers have virus scanners installed for this purpose. No computing equipment may be connected to the School’s network without first being checked UQ IT staff. Please note that wireless network connection is available throughout the HMNS buildings as well as most of the UQ St Lucia campus.
Prizes and Awards

The following prizes are presented annually to outstanding Human Movement and Nutrition Sciences students.

The Reginald Capps Memorial Prize - Established to perpetuate the memory of Reginald Capps, the first technician appointed to the Department of Human Movement Studies, awarded to the undergraduate student who completes, with distinction, a project which, in the opinion of the Head of School, makes the best use of the technical resources of the School.

The Kent Pearson Memorial Prize - Established in 1986 in recognition of and to commemorate the contribution made to the School and the University by the late sport sociologist Dr Kent Pearson, awarded to the undergraduate student who obtains the best results in the sociology of sport course.

The Patricia Mary Poacher Prize - Established in 1994 in honour of Patricia Mary Poacher, a past member of the Queensland State Vigoro team, awarded to the undergraduate student who, undertakes either History of Sport & Physical Activity in Australian Society or the Olympic Movement and Society, and writes the best essay relevant to the course.

The Warren Walsh Memorial Prize - Established in 1994 in memory of Warren Walsh a former student and staff member of the Department of Human Movement Studies, awarded to the student completing a PhD within the field of Human Movement Studies, who achieves the most outstanding performance, based primarily on the contribution made to the student’s academic discipline but also on the contribution made to teaching, research and the life of the School generally.

The P.A. Hastie Prize - Awarded to the graduating BHSPE student who has the highest grade point average in compulsory courses within years 3 and 4 of the BHSPE degree. To be eligible for this award the student must have received outstanding reports for EDUC4005.

Proscribe Prize - Awarded in recognition of an outstanding honours paper in health sciences from students enrolled in the Bachelor of Exercise & Sport Sciences or Bachelor of Health, Sport & Physical Education program.

The National University Course Accreditation Program (NUCAP) Prize - Human Kinetics prize is awarded to the highest achieving graduate student from each of the NUCAP universities across Australia.
**Exercise and Sports Science Award** - Awarded to the graduating Bachelor of Exercise and Sport Sciences student who has shown outstanding professional qualities in the Sport and Exercise Sciences. The winner will have achieved strong grades in core sport and exercise science courses, performed well in their professional placement and contributed to professional association activities.

**The Patrick Cuskelly Memorial Prize** - This prize was established as a memorial in 2008 to Patrick Cuskelly, a 4th year Exercise Science student. Awarded to the graduating student who, like Patrick, performed outstandingly on all aspects of their major practicum in Exercise Science. The award is donated by the HMNS Student Society and the Cuskelly Family.

**HMNS Administrative & Technical Staff First Year Prizes** - Awarded in recognition of academic excellence in 1st year of the Bachelor of Exercise & Sport Sciences, Bachelor of Health, Sport & Physical Education and Bachelor of Exercise & Nutrition Sciences programs.

**HMNS Professorial Staff Second Year Prizes** - Awarded in recognition of academic excellence in 2nd year of the Bachelor of Exercise & Sport Sciences, Bachelor of Health, Sport & Physical Education and Bachelor of Exercise & Nutrition Sciences programs.

**Head of School Third Year Prizes** - Awarded in recognition of academic excellence in 3rd year of the Bachelor of Exercise & Sport Sciences, Bachelor of Health, Sport & Physical Education and Bachelor of Exercise & Nutrition Sciences programs.

**ASICS Biomechanics Prize** - Awarded in recognition of outstanding achievement in BIOL2630 Biomechanics.

**Max Howell & Lingyu Xie Sport History Prize** - Awarded in recognition of outstanding achievement in HIST3002 History of Sport & Physical Activity in Australian Society.

**Exercise Prescription & Programming for Cardiorespiratory Disease Prize** - Awarded in recognition of outstanding achievement in EXMD4742 or EXMD7742

**Nutrition Science Prize** - Awarded in recognition of academic excellence by a Bachelor of Exercise and Nutrition Sciences student across NUTR2101 and NUTR3201 in the same academic year. Highest average grade across these two courses.
**Postgraduate Coursework**

At the postgraduate level the School offers Graduate Certificate and Masters level programs in Clinical Exercise Physiology, Dietetics, Sports Psychology, Sports Medicine and Sports Coaching. The School also contributes courses into the Master of Physiotherapy (Sports Physiotherapy) program, offered by the School of Health and Rehabilitation Sciences and the postgraduate coursework suite for Rural Health Practitioners.

For more details about Postgraduate Coursework Programs offered by the School of Human Movement and Nutrition Sciences please to the School website [http://www.hmns.uq.edu.au/](http://www.hmns.uq.edu.au/)

**Research**

Research masters (MPhil) and doctoral (PhD) studies are available within the School in all fields of Human Movement and Nutrition Sciences. These research degrees are administered through the University's Graduate School. Research programs within the School cover a broad spectrum of areas in (i) movement science/exercise science, (ii) socio-cultural perspectives on sport and physical activity, (iii) the pedagogical aspects of health and physical activity and (iv) the health aspects of physical activity and movement and (v) dietetics. In the movement/exercise sciences, active research programs exist in exercise physiology and biochemistry, nutrition, motor control, biomechanics and sport and exercise psychology.

Research degrees prepare graduates for full-time careers in research and development in both academia and industry, pathways to teaching careers in tertiary institutions and valuable skills for management positions more broadly.

For more information on the entry requirements of the Master of Philosophy (MPhil) and the Doctor of Philosophy (PhD) should visit [http://www.uq.edu.au/grad-school/our-research-degrees](http://www.uq.edu.au/grad-school/our-research-degrees). The MPhil thesis provides evidence of significant research as the culmination of 1–2 years full-time equivalent study and research training.

The PhD thesis provides evidence of a contribution to knowledge with a level of originality consistent with 3–4 years of full-time study and research training.
**Student Society**

The Human Movement and Nutrition Sciences Student Society is responsible for the interests of the students and for the planning of a number of social events in the University year. It is responsible for ensuring that there is a student representative who attends staff meetings and various other academic committees. Should a student/group of students have any grievance they should seek counsel from the individual staff member, Course Coordinator, Student and Academic Administration Manager, or make representation, through the Student Society, to the Head of School.

The Student Society meets at a mutually convenient time in the Student Learning Centre, which is located on Level 1, of the Human Movement Studies Building. The Student Learning Centre is available for general student use, however any activities (such as ball games), which may lead to damage to the buildings and fittings, are not permitted in the near vicinity of this space. To contact Student Society, email hmns.studentsociety@uq.edu.au

**Support Services**

Students who may experience personal problems that are affecting their study can contact the School or Student Services [http://www.uq.edu.au/student-services/](http://www.uq.edu.au/student-services/)

**School Contacts**

School of Human Movement and Nutrition Sciences  
Level 5, Human Movement Studies Building (26B), Blair Drive  
The University of Queensland  
St Lucia QLD 4072

Telephone: +61 7 3365 6240  
Facsimile: +61 7 3365 6877  
Email: hmns@uq.edu.au

For a list of our Academic and Professional staff, and Academic Title Holders please go to the HMNS website [www.hmns.uq.edu.au/our-staff/](http://www.hmns.uq.edu.au/our-staff/)