Bachelor of Exercise and Sport Sciences (Honours)

**EXERCISE AND SPORT SCIENCES**

**ACCREDITED EXERCISE AND SPORT SCIENTISTS**

- Prescribe and deliver exercise and physical activity programs for health and wellbeing
- Design, implement and evaluate evidence-based services for athletes and sporting teams to improve performance
- Deliver workplace health promotion and executive health management
- Conduct diagnostic measurements (cardiac, sleep, respiratory and neurophysiology disciplines)

*Are accredited by Exercise and Sports Science Australia (ESSA)*

**SCOPE OF PRACTICE**

- Diagnosed pathology or injury
- High risk of pathology or injury
- Low risk of pathology or injury
- Apparently healthy
- Recreationally active
- Semi-professional/developmental athlete
- Professional/elite athlete

**EXERCISE SCIENCE**

**CLINICAL EXERCISE PHYSIOLOGY**

**SPORTS SCIENCE**

**PROFESSIONAL PRACTICUM EXPERIENCES**

- Apparently healthy = 20 HRS
- Paediatrics = 8 HRS
- Exercise and sports science = 400 HRS (varied low risk populations)

**EMPLOYMENT SETTINGS**

- Sporting institutes or academies
- Corporate workplaces
- Hospitals
- Research centres
- Fitness centers
- Government departments

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