EXERCISE & SPORT SCIENCES

BACHELOR OF EXERCISE & SPORT SCIENCES (HONOURS)

Duration  4 years full-time. Part-time equivalent available to domestic students only
Location  St. Lucia
Entry requirements  English, plus one of Biological Science, Chemistry or Physics (4SA)*
2014 entry score  OP 5 / Rank 92 / ATAR 92.25
OP 1-5 guaranteed entry
QTAC code  729302
(Entry to the clinical exercise physiology major is based on GPA at the end of Year 1. Limited places available)

International availability  Yes (CRICOS 082624M)
Delivery mode  Internal
Clinical placement  Students must also complete post-admission requirements prior to starting clinical placements. See www.health.uq.edu.au/admissionreqs

# Prerequisites are expressed in terms of Queensland Year 12 subjects

UQ’s Bachelor of Exercise & Sport Sciences (Honours) is the leading exercise and sport sciences degree in Australia.

With an increasing emphasis on health and being active in today’s society, exercise and sport sciences is one of the fastest growing careers in the world.

Exercise and sport sciences focuses on understanding and enhancing human movement and how the body reacts to different fitness and exercise activities, sports, recreational activities, and other acute and chronic physical activity.

After you finish your first year you may be eligible to enter the Clinical Exercise Physiology major which will give you automatic accreditation with ESSA as a Clinical Exercise Physiologist, as well as accreditation as an exercise scientist. Exercise and sport sciences will prepare you for a wide range of careers in a variety of sport and exercise areas.

Your future in Exercise and Sport Sciences

There are many career options in exercise and sports sciences both in Australia and overseas, including:
- clinical exercise physiologist
- exercise and sport scientist
- biomechanist
- cardiac scientist
- respiratory technician
- strength and conditioning coach
- health promotion officer
- sports development manager
- corporate health and fitness advisor
- community recreation and fitness officer
- sport and exercise science research

Employment settings may include:
- rehabilitation clinics, hospitals, health care clinics
- sports academies (e.g. Australian Institute of Sport)
- sporting associations (e.g. Sport and Recreation Queensland)
- health and fitness or sport and recreation centres

Why Exercise & Sport Sciences at UQ?

- Hands-on, practical experience ensures you’ll graduate confident and job-ready with 400 hours spent on placement during your exercise and sport sciences degree or 500 hours placement if you study clinical exercise physiology
- Leading Exercise and Sport Sciences program in Australia
- All our graduates are eligible for professional accreditation with Exercise and Sports Science Australia (ESSA)*
- Learn in professionally equipped biomechanics, motor control, exercise physiology and strength and conditioning laboratories
- Exposure to different client populations including elite athletes, children, older individuals, rehabilitation clients, people with chronic disease
- Worldwide recognition of this degree provides you with international career opportunities
- Committed, highly qualified, award winning teaching staff ensure top quality education and learning experiences
- Access to UQ's Olympic standard recreational and sporting facilities.
**STUDY PLAN**

### Year 1
- Cells to Organisms
- Biophysical Foundations of Human Movement
- Physical Activity & Health
- Introduction to Psychology: Developmental, Social & Clinical Psychology
- Anatomical Basis of Human Movement
- Communication, Learning & Human Movement Studies
- Sociocultural Foundations of Human Movement
- Physiology for Human Movement Studies

### Year 2
- Sport & Physical Activity in Society
- Biomechanics
- Exercise Physiology
- Psychology of Sport and Exercise
- Introductory Human Musculoskeletal Anatomy
- Motor Control & Learning
- Exercise Prescription & Programming
- Exercise Science Technical Skills

### Year 3
- Sports Medicine of Physical Activity
- Exercise Science Professional Skills
- Advanced Exercise Physiology
- Health Promotion: Perspectives & Practice
- Neuromechanical Basis of Human Movement
- Adapted Physical Activity
- Any #4 advanced level elective courses

### Year 4
- Major Practicum (Exercise Science)
- 8 advanced level elective courses

**CLINICAL EXERCISE PHYSIOLOGY**

Students who major in Clinical Exercise Physiology take the following courses in forth year.

- Exercise Prescription & Programming for Musculoskeletal Conditions
- Exercise Prescription & Programming for Musculoskeletal Conditions
- Exercise Prescription & Programming for Ageing, Metabolic Disease & Cancer
- Exercise Prescription & Programming for Cardiorespiratory Disease
- Exercise and Sport Sciences Practicum
- Major Practicum (Accredited Exercise Physiologist)

**Clinical Exercise Physiology major**

After you finish your first year you may be eligible to enter the Clinical Exercise Physiology major which will give you automatic accreditation with ESSA as a Clinical Exercise Physiologist, as well as accreditation as an exercise scientist. You will complete more than 500 hours of clinical exercise and professional practice.

**Who will recognise your qualifications?**

**Exercise and Sports Science Australia (ESSA)** – membership open to graduates and accreditation as an exercise scientist. Clinical Exercise Physiologist accreditation open to graduates of the Clinical Exercise Physiology major.

**Postgraduate study options**

- **Coursework degrees in:**
  - clinical exercise physiology
  - (if completed Exercise & Sport Sciences degree)
  - education
  - sports coaching
  - physiotherapy
  - occupational therapy
  - speech pathology
  - graduate entry medicine

- **Research degrees** (MPhil and PhD) in your area of interest.

---

*Re-accreditation of the program will be sought in 2015. Entry to the clinical exercise physiology major is based on GPA at the end of Year 1.*