EXERCISE & NUTRITION SCIENCES

BACHELOR OF EXERCISE & NUTRITION SCIENCES

Duration 3 years full-time. Part-time equivalent available to domestic students only.
Location St Lucia
Entry requirements English (4SA), plus one of Biological Science, Chemistry or Physics (4SA)*
2014 entry score OP 7/ Rank 97 / ATAR 87.00 OP 1-5 guaranteed entry
QTAC code 720102
QTAC code for provisional entry to the Master of Dietetics Studies 729602. (2014 entry score OP 2 / Rank 97 / ATAR 97.15)
Delivery mode Internal
Honours Extra year of study
International availability Yes (CRICOS 073759D. Honours CRICOS 073760M)
# Prerequisites are expressed in terms of Queensland Year subjects

UQ’s Bachelor of Exercise & Nutrition Sciences is your springboard to an exciting future in a range of health and rehabilitation careers.

If you have a keen interest in exercise and nutrition or are considering a career in health, this is the degree for you.

Exercise and nutrition sciences offers a broad range of career options both in Australia and overseas and provides the foundation for entry into a variety of clinical (where you interact with clients) and non-clinical (no client contact) programs such as exercise physiology, dietetics, nutrition, physiotherapy, medicine or sport and recreation.

Study Exercise and Nutrition Sciences at UQ and you’ll be able to tailor your degree to suit individual career aspirations from areas including exercise physiology, biomechanics, food and nutrition sciences, biochemistry and more.

Your future in Exercise & Nutrition Sciences

Many graduates combine a Bachelor of Exercise and Nutrition Sciences with a postgraduate qualification to prepare for specialised careers whilst others use their skills to gain employment within the exercise, fitness, health and nutrition sectors. With further study, this degree is your pathway into a wide range of careers including:

**Clinical careers** such as:
- dietitian or nutritionist
- exercise physiologist
- physiotherapist
- exercise or sport scientist
- medical practitioner
- speech pathologist
- audiologist
- occupational therapist

**Non-clinical careers** such as:
- sport scientist
- health and physical education teacher
- sports coach
- health promotion officer or community health officer
- sport and recreation manager
- public health manager or researcher

Why Exercise & Nutrition Sciences at UQ?

- Excellent pathway if you want to keep your career options open or don’t gain direct entry into your preferred clinical degree
- Provides the foundations and prerequisites for entry into a diverse range of clinical and non-clinical programs
- Program flexibility and a wide choice of courses enables you to tailor your studies towards particular careers and areas of interest
- Access to the latest developments, research and practices in health, exercise and nutrition sciences
- Benefit from UQ’s industry experienced, award-winning teachers who have close industry associations and networks
- Increase your potential for a career abroad with an internationally recognised degree
- Benefit from UQ’s Olympic standard recreational and sporting facilities
- Opportunity to undertake one year postgraduate honours in your area of interest.
**STUDY PLAN**

**Year 1, Semester 1**
- Anatomical Basis of Human Movement
- Cells to Organisms
- Biophysical Foundations of Human Movement
- Physical Activity & Health
- Health & Fitness Through Diet & Exercise
- Biomechanics
- Nutrition Science
- Exercise Physiology

**Year 1, Semester 2 and Year 2 and 3 Courses**
- General, Organic & Biological Chemistry
- Physiology for Human Movement Studies
- Biochemistry & Molecular Biology
- Advanced Nutrition Sciences
- Advanced Exercise Physiology
- Understanding Population Nutrition
- Nutrition & Exercise
- Food Science
- Neuromechanical Basis of Human Movement
- Community & Public Health Nutrition
- Motor Control & Learning
- Food Structure & Sensory Science
- Developing the Elite Athlete
- Psychology of Sport & Exercise
- Understanding Health Behaviours

*Indicative only. At students discretion as per requirements of the Bachelor of Exercise and Nutrition Sciences course list ie. #16 units (Part A); #24 units (Part B); #8 units (Part C/D). Students should select their courses around the entry requirements of the possible postgraduate program.

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**What you will study**

The Bachelor of Exercise and Nutrition Sciences looks at the whole picture of exercise, nutrition and the human body, exploring everything from jogging, to lowcarb diets, human movement and athletic performance right through to the science of food. In your first year you will learn the theory and practice of applied sciences and human movement studies to prepare you for second year, when you direct your studies towards your dream career. You will study a wide variety of subjects including human movement sciences (such as exercise physiology, biomechanics and motor control), nutrition sciences (such as dietetics, metabolism and food science), preventative health (such as community and public health nutrition, physical activity and health) and applied sciences (such as biophysics, chemistry and anatomy).

**Postgraduate study options**

The Bachelor of Exercise and Nutrition Sciences is an excellent option if you want to keep your career options open or don’t gain entry into your preferred clinical degree.

Postgraduate options include:

**Coursework programs in:**
- dietetics
- physiotherapy
- clinical exercise physiology
- teaching
- occupational therapy
- public health
- sports coaching
- audiology
- speech pathology
- Graduate entry medicine/surgery

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**Interested in becoming a Dietitian?**

Become a fully accredited Dietitian in 4.5 years with a Bachelor of Exercise and Nutrition Sciences/Master of Dietetics Studies

(only available to domestic students)