



# Train

your mind to help  
others improve  
their health

## Bachelor of Sport and Exercise Science

Exercise scientists use the science of human movement to help people improve their health and fitness, and to prevent common lifestyle diseases. This program teaches you the science and theories behind human movement and sporting performance and gives you the hands-on skills to work as a qualified exercise scientist.

In this program you will:

- Gain in-depth knowledge in areas such as functional anatomy, motor control and learning, exercise physiology and biomechanics
- Test and train athletes in USC's nationally accredited sports science labs
- Learn about sports psychology, performance analysis, coaching and exercise rehabilitation
- Get hands-on experience through a minimum of 270 hours of supervised professional practice

Our sport and exercise science teaching staff are highly qualified specialists, and several have held major coaching and sport science roles with high profile international sporting teams. Our sport and exercise science laboratory facilities are recognised nationally, USC is the first Australian university to receive laboratory accreditation under the National Sport Science Quality Assurance Program.

### Post-admission requirements

Students must complete a minimum of 140 hours of supervised practice to be eligible for accreditation. Before undertaking placements

(e.g. by year 3), students must provide evidence of immunisations, first aid training, satisfactory criminal history check, and hold a current blue card (working with children check). Students may also be required to complete QLD Health orientation package.

### Career opportunities

Exercise scientist, strength and conditioning coach, sports laboratory technician, sports development officer, physical activity and health promotion officer, sports coach.

### Membership

Exercise and Sports Science Australia (ESSA) and Sports Medicine Australia. Please note: External accreditation requirements for this program allow for credit transfer to be granted for study completed at minimum of AQF level 7 Bachelor degree level only. Credit transfer cannot be granted for study completed at TAFE/RTO level (Advanced Diploma or lower), or for non formal learning.

### Accreditation

USC's Exercise Science laboratories are accredited with the Australian Institute of Sport's National Sport Science Quality Assurance program.

The Bachelor of Sport and Exercise Science is accredited at the level of Exercise Science with Exercise and Sports Science Australia (ESSA). Graduates from this program may identify themselves as exercise scientists. Students enrolled prior to 2016 should refer to the handbook applicable to the time of their admission.

### LOCATION

Sunshine Coast

### QTAC CODE

013041

### DURATION

3 years full time or equivalent part time

### COMMENCE

Semester 1 or Semester 2

### RECOMMENDED PRIOR STUDY

English; General Maths, Maths Methods or Specialist Maths, Biology; and one additional science subject (preferably Chemistry)

### SCHOLARSHIPS

Scholarships can give you money and other financial support to help you while you study. Find out more at [usc.edu.au/scholarships](http://usc.edu.au/scholarships).

### MORE INFORMATION

Contact Student Central  
[information@usc.edu.au](mailto:information@usc.edu.au)  
+61 7 5430 2890

[usc.edu.au/sc344](http://usc.edu.au/sc344)

University of the Sunshine Coast | CRICOS Provider Number: 01595D | Correct as at 2 December 2021  
Note: Study options and semester of offer can vary depending on the study location. For full details, visit [usc.edu.au](http://usc.edu.au).



Rise, and shine.