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.

MORE INFORMATION

Contact the International Office
study@usc.edu.au
+61 7 5430 2843

usc.edu.au/sc344 | CRICOS code: 066289K

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.

USC
Rise, and shine.

PROGRAM STRUCTURE

Introductory courses (8) 96 units

HLT140 Think Health
LFS112 Human Physiology
LFS122 Human Anatomy
SCI110 Science Research Methods
SPX100 Physical Activity and Health
SPX101 Introduction to Sport and Exercise Science
SPX102 Introduction to Coaching Science
SPX121 Exercise Prescription and Programming I

Developing courses (7) 84 units

SPX201 Functional Anatomy
SPX202 Biomechanics I
SPX203 Exercise Prescription and Programming II
SPX211 Exercise Physiology I
SPX221 Introduction to Sports Medicine
SPX222 Sport and Exercise Psychology
SPX231 Motor Control and Learning

Graduate courses (7) 84 units

NUT300 Nutrition for Health and Exercise
SPX300 Exercise Science Professional Practicum
SPX312 Performance Enhancement
SPX322 Biomechanics II
SPX331 Exercise Physiology II
SPX340 Professional Placement in Sport and Exercise Science
SPX371 Advanced Coaching Science

Elective course (2) 24 units

Select 2 elective course (24 units) from the undergraduate elective course options.

Note: Program structures are subject to change. Not all USC courses are available on every USC campus.

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