



Share your
passion
for sport and fitness

Diploma in Sport and Fitness

This exciting program has been developed for students with an interest in all aspects of sports and fitness.

This program is designed to allow students to personalise their learning journey by choosing up to eight sport and fitness related courses. These courses combine hands-on practice with key theory and knowledge to help advance career opportunities in sports and fitness. The structure of the program acknowledges previous tertiary studies and enables students to complete this diploma in one semester using advanced standing.

MORE INFORMATION

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

usc.edu.au/sc110 | CRICOS code: 088628C

University of the Sunshine Coast | CRICOS Provider Number: 01595D | Correct as at 30 July 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

Select 4 courses (48 units) from:

SPX101 Introduction to Sport and Exercise Science
OES100 Outdoor Living and Travel Skills
SUS101 Foundations of Sustainability
SPX201 Functional Anatomy
SPX221 Introduction to Sports Medicine
NUT102 Food in Society
SPX102 Introduction to Coaching Science
SPX103 Anatomy and Physiology for Exercise
SPX121 Exercise Prescription and Programming I
SPX202 Biomechanics I
SPX211 Exercise Physiology I
SPX222 Sport and Exercise Psychology
SPX231 Motor Control and Learning
NUT203 Active Lifestyle Nutrition
OES101 Foundations of Outdoor Environmental Studies

PLUS select 4 elective courses (48 units) from:

the undergraduate elective course options.#

#Students can choose a maximum of 48 units of free electives across Semester 1 and Semester 2.

Students can choose courses that have pre-requisites if they have completed pre-requisites (or equivalent) in a previous degree, or if the pre-requisite course can be completed in the prior semester of study using elective courses, subject to availability.

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