

# Bachelor of Clinical Exercise Physiology



LOCATION	ENTRY THRESHOLD	QTAC CODE	START
Sunshine Coast	65.00	013251	Semester 1

Exercise is a powerful tool to improve human performance and health outcomes. Become qualified to help people live healthier lives. Work with clients in healthcare settings and sports to prevent disease and injuries, and to manage health, lifestyle and behaviour changes.

In this program you will:

- Learn how to use exercise to prevent and manage heart disease, diabetes, cancer, osteoporosis and mental health
- Train to prevent and manage musculoskeletal injuries in sport and recreation
- Study anatomy, physiology, biomechanics, assessment, programming, psychology and nutrition
- Attend 500 hours of supervised work placement
- Test and train athletes in USC's AIS-accredited sport science labs
- Qualify to work in hospitals, health clinics, rehabilitation facilities, gyms and more

Career opportunities

- Exercise Physiologist
- Cardiac and pulmonary testing
- Musculoskeletal injury prevention and management
- Neurological rehabilitation
- Cancer and renal disease rehabilitation
- Occupational rehabilitation
- case management and research

Accreditation

This degree is professionally accredited at the levels of Exercise Science and Exercise Physiology with Exercise and Sports Science Australia (ESSA).

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 within a qualification lower than AQF level 7 Bachelor degree (e.g. TAFE/RTO level Advanced Diploma or lower), or for non-formal learning.

Post admission requirements

Students must complete 500 hours of supervised placement. Students may be required to undertake some clinical placement hours outside the Sunshine Coast region in metropolitan and regional / rural areas.

Before undertaking placements (eg 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.

Duration

4 years

Full-time or equivalent part-time

Indicative 2024 fees

A\$11,710 - 2024 Fees (CSP)

Fees are indicative only and will change based on courses selected and are subject to yearly increases

Recommended prior study

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

Delivery mode

Blended Learning

Total courses

30

Total units

384

UniSC program code

SC304

[usc.edu.au/sc304](https://usc.edu.au/sc304)

University of the Sunshine Coast | CRICOS Provider Number: 01595D | Correct as at 21 May 2024

Study options and teaching period of offer can vary depending on the study location. For full details, visit [usc.edu.au](https://usc.edu.au).

# 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 (8) 96 units

HLT221 Human Pathophysiology  
SPX201 Functional Anatomy  
SPX202 Biomechanics I  
SPX203 Exercise Prescription and Programming II  
SPX211 Exercise Physiology I  
SPX221 Sports and Exercise Medicine  
SPX222 Sport and Exercise Psychology  
SPX231 Motor Control and Learning

## Graduate courses (14) 192 units

NUT300 Nutrition for Health and Exercise  
PUB351 Health Promotion Implementation and Evaluation  
SPX300 Exercise Science Professional Practicum \*  
SPX301 Exercise in Cardiorespiratory and Metabolic Health  
SPX302 Exercise in Musculoskeletal Health  
SPX306 Clinical Skills for Exercise Physiology r4  
SPX322 Biomechanics II  
SPX331 Exercise Physiology II  
SPX402 Clinical Exercise Physiology Professional Practicum I r4 (24 units)  
SPX403 Clinical Exercise Physiology Professional Practicum II r4 (24 units)  
SPX410 Exercise Management in Chronic Disease r4  
SPX411 Exercise in Musculoskeletal Rehabilitation r4  
SPX412 Exercise in Neurological Rehabilitation and Mental Health r4  
SPX413 Case Management and Occupational Rehabilitation r4

\* Exercise and Sports Science Australia requires students to complete 500 hours of supervised practice comprising of a minimum of 140 hours for apparently healthy clients, 140 hours for neuromuscular /musculoskeletal clients, and 140 hours for metabolic / cardiopulmonary clients. These hours will be completed within SPX300, SPX402 and SPX403 courses.

r4 refer to Program notes

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