

# Bachelor of Clinical Exercise Physiology



Sunshine Coast, Semester 1 2024

## 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.

**Total units: 384**

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

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## Study sequence

### Semester 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
HLT140 Think Health	• Semester 1	12	
SCI110 Science Research Methods	• Semester 1, Semester 2	12	Anti: SCI201 or CPH261
SPX100 Physical Activity and Health	• Semester 1	12	
SPX101 Introduction to Sport and Exercise Science	• Semester 1	12	

### Semester 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
LFS112 Human Physiology	• Semester 2	12	Anti: LFS201 or LFS202 or LFS203
LFS122 Human Anatomy	• Semester 2	12	
SPX102 Introduction to Coaching Science	• Semester 2	12	Anti: SPX321
SPX121 Exercise Prescription and Programming I	• Semester 2	12	Pre: Enrolled in Program AB101, SC304, SC344, SC347, SC110  Anti: SPX212

### Semester 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
HLT221 Human Pathophysiology	• Semester 1	12	Pre: LFS112 or HLT100 and enrolled in Program SC211, SC304, SC306, SC367, SC391, SC392, SC394, SC395, SC346 or UB001  Anti: LFS203 or LFS303 or NUR221 or PAR221
SPX201 Functional Anatomy	• Semester 1	12	Pre: LFS122
SPX221 Sports and Exercise Medicine	• Semester 1	12	Pre: LFS122

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SPX203 Exercise Prescription and Programming • Semester 1  
II

12

Pre:  
SPX121

#### Semester 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX202 Biomechanics I	• Semester 2	12	Pre: LFS122
SPX211 Exercise Physiology I	• Semester 2	12	Pre: LFS112 or SPX103
SPX222 Sport and Exercise Psychology	• Semester 2	12	Pre: PSY100 or PUB104 or SPX101 or SPX102
SPX231 Motor Control and Learning	• Semester 2	12	Pre: LFS122 or HLT100 or SPX103

#### Semester 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX300 Exercise Science Professional Practicum	• Semester 1, Semester 2	12	Pre: Instructor Consent Required. SPX121 and SPX203 and SPX221 and SPX222 and enrolled in Program SC344, or SC304. Mandatory requirements need to be submitted to SONIA before you attend a manual enrolment meeting with the Course Coordinator.
SPX306 Clinical Skills for Exercise Physiology	• Semester 1	12	Pre: SPX211 and HLT221 and SPX201 and enrolled in Program SC304
SPX322 Biomechanics II	• Semester 1	12	Pre: SPX202
SPX331 Exercise Physiology II	• Semester 1	12	Pre: SPX211

SPX306MUST be studied prior to enrolment into SPX301 and SPX302

#### Semester 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
NUT300 Nutrition for Health and Exercise	• Semester 2	12	Pre: NUT212 or SPX211  Anti:

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## NUT203

PUB351 Health Promotion Implementation and Evaluation	• Semester 2	12	
SPX301 Exercise in Cardiorespiratory and Metabolic Health	• Semester 2	12	Pre: SPX331  Co: SPX300
SPX302 Exercise in Musculoskeletal Health	• Semester 2	12	Pre: SPX221 and (SPX201 or SPX202)

## Session 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX411 Exercise in Musculoskeletal Rehabilitation	• Session 1	12	Pre: Completed 288 units and SPX300, SPX302 and SPX306 and be enrolled in Program SC304 or SC346  Co: You are required to take at least one 400 level clinical placement in the current academic year.

## Session 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX410 Exercise Management in Chronic Disease	• Session 2	12	Pre: SPX231 and SPX300 and SPX301 and SPX302 and SPX322 and SPX331 and SPX306 and enrolled in Program SC346 or SC304

## Semester 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX402 Clinical Exercise Physiology Professional Practicum I	• Semester 1	24	Pre: Course Coordinator Consent Required and Successful completion of 288 units (all first, second and third year courses in Program SC304) and SPX410 and SPX411. No other courses are to be completed concurrently with SPX402.

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## Session 5

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX412 Exercise in Neurological Rehabilitation and Mental Health	• Session 5	12	Pre: SPX231 and SPX300 and SPX411 and SPX402 and enrolled in Program SC304

## Session 6

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX413 Case Management and Occupational Rehabilitation	• Session 5	12	Pre: SPX300 and SPX410 and SPX411 and enrolled in Program SC346 or SC304  Co: SPX412

## Semester 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX403 Clinical Exercise Physiology Professional Practicum II	• Semester 2	24	Pre: Course Coordinator Consent Required and SPX412 and/or SPX413 and SPX402

# All 100, 200 and 300 level courses MUST be completed prior to commencing 400 level courses

## Program requirements and notes

In order to graduate you must:

- Successfully complete 384 units as outlined in the Program Structure
- Complete all required components of this program, to be able to apply for accreditation as an Accredited Exercise Physiologist (AEP) with Exercise and Sports Science Australia (ESSA)
- 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.

In order to commence fieldwork placement you must:

- Hold a valid Suitability Card (Blue Card - Working with Children Check - QLD). This is required by week 6 of the third year subject, SPX300, and is issued by the Commission for Children and Young People and Child Guardian (CCYPCG). The application timeline for this Card is usually in the region of 6-8 weeks, therefore it is advised that this process is initiated at the time of enrolment into SPX300 if not before
- Provide evidence of immunity to Hepatitis B (blood titre level after approved vaccination schedule)
- Hold current Senior First Aid and CPR certificates (currency of certification is to be maintained throughout the program)
- You may also be required to complete a Criminal History Check for particular placements, cost of which is borne by the student

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- Some courses within this program are taught outside of the standard teaching semesters. Students should refer to the Session Timetables for dates

#### Program notes

- SPX306MUST be studied prior to enrolment into SPX301, SPX302 and SPX411
- All 100, 200 and 300 level courses MUST be completed prior to commencing 400 level courses
- Enrolment in SPX300, SPX402 and SPX403 subject to special entry requirements and by Course Coordinator approval only.
- For Sippy Downs students some courses in this program will be taught at the Sunshine Coast Health Institute
- Completing this program within the specified (full-time) duration is based on studying 48 unit points per semester (normally 4 courses) and following the recommended study sequence
- The unit value of all courses is 12 units unless otherwise specified
- It is each students responsibility to enrol correctly according to your course requisites, program rules and requirements and be aware of the academic calendar dates
- Courses within this program are assessed using a variety of assessment methods including essays, seminar presentations, reports, in-class tests and examinations. Not all courses will necessarily include all methods
- As part of your UniSC program, you may apply to Study Overseas to undertake courses with an overseas higher education provider. It is advisable to contact your Program Advisor to discuss timing and course issues. Students should be aware there are restrictions applicable to credit transfer in order to obtain ESSA accreditation and they should contact their Program Advisor if considering participating in the Study Overseas program
- Only a full-time study option is available to international students on a Student Visa
- Refer to the Managing your progression page for help in understanding your program structure, reviewing your progress and planning remaining courses.
- 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.

#### WIL notes

- It is a Queensland Government requirement that students undertaking a placement within a clinical setting are fit tested annually for an approved respirator. Clinical settings include hospitals, residential aged care facilities, residential disability care facilities, prison health services, youth detention health services, community health care settings, and vaccination clinics). If the Fit Testing requirement applies to placement activity within your Program it will appear in your mandatory checks on Sonia Online. In accordance with Australian Standards, you must be clean shaven for your fit test. Facial hair that lies along the sealing surface of a tight-fitting respirator prevents an effective seal. Therefore, it is a requirement that there is no hair growth between the skin and the facepiece sealing surface in order to achieve a fit. At this stage, there is no exemption in Queensland to this requirement for religious or other reasons and UniSC is unable to waive this requirement.
- *It is no longer a requirement that students in Bachelor of Clinical Exercise Physiology are fully vaccinated against COVID-19.*

*Please note that some placement host organisations have chosen to continue requiring COVID-19 vaccination. If you are not fully vaccinated, it is important to know that placement opportunities in your program may be limited and may result in a delay to your placement.*

*UniSC still strongly recommends that all students undertaking placement are fully vaccinated and provide evidence of this vaccination status to the University.*

- *For more information on mandatory requirements refer to Sport and Exercise Science/Clinical Exercise Science - Placements*