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, exercise physiology, biomechanics, motor control and learning, and sports nutrition
• 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 140 hours of supervised professional practice

Post-admission requirements
Students must complete 140 hours of supervised practice to be eligible for accreditation. 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.

Career opportunities
Sport / exercise science, exercise prescription / programming, strength and conditioning, sports coaching, fitness industry, sports administration.

Membership
Exercise and Sports Science Australia (ESSA) and Sports Medicine Australia.

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.

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 (eg TAFE/RTO level Advanced Diploma or lower), or for non-formal learning.