

Manage health, injury and disease with **exercise**



Bachelor of Clinical Exercise Physiology

Exercise is a powerful tool to improve human performance and health outcomes. This program qualifies you to work as an exercise physiologist, and to use the science of exercise to prevent and manage chronic conditions, injuries and to help people live healthier lives.

Like physiotherapists, exercise physiologists 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 chronic conditions like heart disease, diabetes, cancer, osteoporosis and mental health conditions.
- Train to prevent and manage musculoskeletal injuries in sport and recreational settings.
- Study anatomy, physiology, biomechanics, exercise assessment, exercise programming, psychology and nutrition.
- Build your professional skills through 500 hours of supervised work placement in hospitals, clinics and sport settings.
- Test and train athletes in USC's AIS-accredited sport science labs.
- Qualify to work as an exercise physiologist in hospitals, health clinics, rehabilitation facilities, community health, occupational rehabilitation, gyms and more.

Career opportunities

This degree qualifies you to practice as an exercise physiologist in a range of healthcare

settings and to seek provider status with Medicare.

Clinical exercise physiology can lead to careers in cardiac and pulmonary testing, musculoskeletal injury prevention and management, neurological rehabilitation, cancer and renal disease rehabilitation, occupational rehabilitation, case management and research. The program can also provide a pathway to studies in physiotherapy.

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.

Accreditation and memberships

This degree is professionally accredited at the levels of Exercise Science and Exercise Physiology with Exercise and Sports Science Australia (ESSA). Graduates may also apply to become members of Sports Medicine Australia.

LOCATION
Sunshine Coast

QTAC CODE
013251

MINIMUM SELECTION THRESHOLD
ATAR - 59.40 / OP - 16 / Rank - 66

DURATION
4 years full time or equivalent part time

COMMENCE
Semester 1 only

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

MORE INFORMATION
Contact Student Central
information@usc.edu.au
+61 7 5430 2890

usc.edu.au/sc304

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Note: Study options and semester of offer can vary depending on the study location. For full details, visit usc.edu.au.

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