

# Bachelor of Sport and Exercise Science



LOCATION	ENTRY THRESHOLD	QTAC CODE	START
Sunshine Coast	50.00	013041	Semester 1, Semester 2
Moreton Bay	50.00	013541	Semester 1, Semester 2

Train your mind to help others improve their health. Exercise scientists use the science of human movement to make life more enjoyable and prevent common lifestyle diseases. This program teaches the science and theories behind human movement and sporting performance and provides 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, motor control and learning, exercise physiology and biomechanics
- Test and train athletes in USC's nationally accredited sports science labs
- Learn about sports psychology, performance analysis, coaching and exercise rehabilitation
- Undertake a minimum 270 hours of supervised professional practice

Career opportunities

- Exercise scientist
- Strength and conditioning coach
- Sports laboratory technician
- Sports development officer
- Physical activity and health promotion officer
- Sports coach

Accreditation

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. USC's Exercise Science laboratories are accredited with the Australian Institute of Sport's National Sport Science Quality Assurance program.

Please 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.

Post admission requirements

Students must complete a minimum of 140 hours of supervised practice to be eligible for accreditation. Before undertaking placements (e.g. 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.

## Program structure

[usc.edu.au/sc344](http://usc.edu.au/sc344)

University of the Sunshine Coast | CRICOS Provider Number: 01595D | Correct as at 19 April 2024

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

Duration

3 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 subject (preferably Chemistry)

Delivery mode

Blended Learning

Total courses

24

Total units

288

UniSC program code

SC344

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 (7) 84 units

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 (7) 84 units

NUT300 Nutrition for Health and Exercise  
SPX300 Exercise Science Professional Practicum  
SPX312 Performance Enhancement  
SPX322 Biomechanics II  
SPX331 Exercise Physiology II  
SPX340 Professional Placement in Sport and Exercise Science  
SPX371 Advanced Coaching Science

Elective course (2) 24 units

Select 2 elective course (24 units) from the undergraduate elective course options.

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