

# Bachelor of Sport and Exercise Science



LOCATION

START

Sunshine Coast

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

If you were issued a UniSC Letter of Offer, it will specify your study location and teaching period of offer. 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).

CRICOS Code  
066289K

Duration  
3 years

Only a full-time option is available to international students on a Student visa. Online programs are not available to Student visa holders.

Indicative 2024 fees  
A\$28,600

Annual fee

Tuition fees are reviewed each calendar year. The fee you must pay for a given teaching period is that which has been approved by UniSC for the calendar year in which the teaching period commences

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.

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