Bachelor of Exercise and Sports Science focuses on the roles and benefits of exercise and healthy lifestyles. These are explored in the contexts of elite sport to recreational physical activity as well as community health and wellbeing.

Qualify with a strong academic base in exercise prescription, sports performance analysis and physical activity across the lifespan, in the context of the scientific principles of fitness and health and their application.

Students have the opportunity to specialise by choosing from a range of electives including advanced studies in exercise physiology, biomechanics, motor control, and psychology of sport and exercise, exercise rehabilitation and coaching science.

**WHAT'S THE DIFFERENCE?**

Bachelor of Exercise and Health Science focuses on the study of physical education and health, sports development and coaching. Career options include teaching physical education**, working in the fitness industry as a fitness assessor, instructor or trainer, with sporting organisations in sports development and management and coaching at all levels in the community.

Bachelor in Exercise and Sports Science focuses on the study of health, disease, rehabilitation, high performance and sports science. Career options include working as an exercise rehabilitator, sports scientist, health and wellness assessor, sports coach, or fitness consultant as an elite athlete coach, instructor or trainer. Becoming an accredited exercise physiologist is also attainable after completing postgraduate qualifications.

**MEMBERSHIP OF PROFESSIONAL BODIES**

Graduates will be eligible for membership with Exercise & Sport Science Australia (ESSA)

**ACCREDITATION**

ACU is currently seeking accreditation for this degree with Exercise and Sports Science Australia (ESSA).

**APPLY TO**

Domestic students should apply to the relevant Tertiary Admissions Centre. 2012 Rank: 61.10
2012 NSW ATAR: 61.10
QLD OP/RANK: 18/63
VIC ENTER: 72.25

**Course Requirements**

**Recommended studies:** English advanced, personal development, health and physical education; mathematics plus one of biology, chemistry or physics.

**Professional Experience**

You will undertake units of compulsory industry experience throughout the course.

**Career Options**

- Work as a health and fitness consultant
- Work as an exercise scientist
- Work as a sports scientist
- Work as a sports coach
- Work as an exercise physiologist**

**After completing post graduate studies**

**Course Structure - Bachelor of Exercise and Sports Science**

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Semester 1</th>
<th>EXSC198 Health, Fitness and Performance</th>
<th>EXSC199 Psychology of Sport and Physical Activity</th>
<th>BIOL121 Human Biological Sciences 1</th>
<th>EXSC187 Growth, Motor Development and Ageing</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Semester 2</td>
<td>EXSC105 Foundations of Exercise Science</td>
<td>EXSC241 Programming Resistance Training</td>
<td>EXSC120 Mechanical Bases of Exercise</td>
<td>UNCC100 Our World: Community and Vulnerability</td>
</tr>
<tr>
<td>Year 2</td>
<td>Semester 1</td>
<td>EXSC112 Functional Anatomy</td>
<td>EXSC189 Research and Ethics in Exercise Science</td>
<td>EXSC220 Biomechanics</td>
<td>EXSC240 Exercise Physiology</td>
</tr>
<tr>
<td></td>
<td>Semester 2</td>
<td>EXSC296 Health and Exercise Psychology</td>
<td>EXSC204 Exercise Testing and Prescription</td>
<td>EXSC347 Nutrition and Exercise</td>
<td>EXSC293 Neural Bases of Human Movement</td>
</tr>
<tr>
<td></td>
<td>Hurdle*</td>
<td>EXSC206 Professional Experience Preparation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 3</td>
<td>Semester 1</td>
<td>UNCC300 Understanding Self and Society: Contemporary Perspectives</td>
<td>EXSC330 Advanced Motor Control &amp; Learning</td>
<td>Elective 1</td>
<td>Elective 2</td>
</tr>
<tr>
<td></td>
<td>Semester 2</td>
<td>EXSC398 Professional Experience</td>
<td>EXSC340 Advanced Exercise Physiology</td>
<td>EXSC394 Exercise, Health and Disease</td>
<td>Elective 3</td>
</tr>
</tbody>
</table>

All specialisation and elective units are offered subject to sufficient interest. The School of Exercise Science reserves the right to cancel units due to insufficient enrolments.

Hurdle requirement - 0 credit point unit

**Future students@acu.edu.au**

**www.acu.edu.au/health**

1300 ASK ACU (1300 275 228)

Campus Offered

Brisbane
Melbourne
Strathfield

CRICOS registered provider: 00004G, 00112C, 00873F, 00885B

Disclaimer (July 2012): Information correct at time of printing. The University reserves the right to amend, cancel or otherwise modify the content without notice.