



Bachelor of Exercise Physiology and Rehabilitation

(266JA.4)

Please note these are the 2019 details for this course

Domestic students

Selection rank	82 Note: The selection rank is the minimum ATAR plus adjustment factors required for admission to the program in the previous year. This is an indicative guide only as ranks change each year depending on demand.
Delivery mode	On campus
Location	Bruce, Canberra
Duration	4.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
UAC code	365113
English language requirements	There are non-standard English language requirements for this course. To be eligible you must have an academic IELTS of 7.0 overall with no band score below 7.0 or equivalent. For alternate/equivalent ways of meeting the English requirements for this course please view the English Proficiency Requirements document on the university website. View IELTS equivalences

International students

Academic entry requirements To study at UC, you'll need to meet our academic entry requirements and any admission requirements specific to your course. Please read your course admission requirements below. To find out whether you meet UC's academic entry requirements, visit our academic entry requirements page.

[View UC's academic entry requirements](#)

Delivery mode On campus

Location Bruce, Canberra

Duration 4.0 years

Faculty Faculty of Health

Discipline Discipline of Sport and Exercise Science

CRICOS code 078923A

English language requirements There are non-standard English language requirements for this course. To be eligible you must have an academic IELTS of 7.0 overall with no band score below 7.0 or equivalent. For alternate/equivalent ways of meeting the English requirements for this course please view the English Proficiency Requirements document on the university website.

[View IELTS equivalences](#)

About this course

Heal the world, make it a better place

Explore the complexities of human movement; develop a broad understanding of the human body and learn how to help those who are injured or physically impaired get their lives back on track - with the Bachelor of Exercise and Physiology and Rehabilitation.

In this 4-year, full time course, you will gain valuable knowledge and understanding of a variety of health and medical issues afflicting patients across a diverse range of age groups and demographics.

You'll also develop in-depth clinical and analytical skills and explore beyond the physical to discover how exercise as a medicine positively affects the mental and emotional recovery of each patient.

During your time at UC, you'll also undertake regular Work Integrated Learning (WIL), in the form of professional internships where you will gain valuable experience by using your skills and knowledge in real-life situations.

Throughout this course, you'll also be regularly visited by industry specialists and leaders offering excellent opportunities to network and expand your industry contacts.

Several industry qualifications are also available to students on completion of appropriate units.

Study our Bachelor of Exercise Physiology and Rehabilitation at UC and you will:

- gain a deeper understanding of the human body
- be able to identify degenerative changes and disease states
- develop technical skills to address the needs of clients in a clinical rehabilitation setting
- acquire abilities to prevent and manage chronic disease and injury in cardiopulmonary, neuromuscular, musculoskeletal and metabolic conditions
- have the qualifications to be recognised and accepted as an allied health professional
- be recognised as an allied health professional
- open the door for further studies including, honours, masters and Doctorate

Work-integrated learning

WIL is an integral part of this course, giving you an invaluable opportunity to gain practical experience and form strong relationships with industry stakeholders and professionals before graduating. Over the 4 years of this course you'll undertake a total of 500 hours of actual placement in hospitals and health clinics both locally and/or nationally.

There is also scope for international study/work placements in countries such as Samoa, the UK and USA, all which offer incredible learning experiences and come with study credits that will count towards your degree.

Career opportunities

Graduates of this course will be qualified and ready to work as an exercise physiologist in public and private health sectors including areas such as:

- Chronic disease
- Rehabilitation service provider
- Fitness industry
- Strength and conditioning
- Workplace health/corporate health
- Aged care
- Education
- Community health
- Health promotion
- Management
- Occupational health and safety

- Clinical assessment and screening e.g. cardiac investigations, sleep studies
- Sports science
- Mental health
- Universities
- Research

Course specific information

Students will need to do an appropriate police check prior to participating WIL placements.

Upon completion of the degree students will be eligible to apply for membership to Exercise and Sport Science Australia (ESSA) and accreditation as an exercise physiologist.

Several industry qualifications are also available to students on completion of appropriate units.

Professional accreditation

Upon completion of the degree graduates will be eligible to apply for membership to Exercise and Sport Science Australia (ESSA) and accreditation as an Exercise Physiologist. A number of industry qualifications are also available to students on completion of appropriate units.

Admission requirements

Admission to this course is based on an entrance rank. A rank can be achieved by the following means:

- Year 12 ATAR
- other Australian Qualification
- work experience
- overseas qualification

We also offer a number of entry initiatives that give you the opportunity to gain entry to the University via alternate pathway programs and admissions schemes.

More information is available on our Alternative Entry page: <http://www.canberra.edu.au/future-students/applications/apply-now/alternative-entry>

Additional admission requirements

Police checks and working with vulnerable people clearance is required.

Assumed knowledge

ACT: Biology, Chemistry, Mathematical Methods and Physics majors. NSW: Biology, Chemistry, Mathematics and Physics.

Periods course is open for new admissions

This course is not open for new admissions.

Credit arrangements

There are currently no formal credit transfer arrangements for entry to this course. Any previous study or work experience will only be considered as part of the application process in accordance with current [course rules](#) and [university policy](#).

Course requirements

Bachelor of Exercise Physiology and Rehabilitation (266JA) | 96 credit points

Required - 93 credit points as follows

[Expand All](#) | [Collapse All](#)

Specialist Major in Human Movement (SM0036) | 24 credit points

Required - Must pass 18 credit points as follows

[Biomechanics 1 \(6834\) | 3 credit points – Level 2](#)

[Biomechanics 2 \(6835\) | 3 credit points – Level 3](#)

[Advanced Functional Anatomy \(8279\) | 3 credit points – Level 3](#)

[Human Growth and Development \(8338\) | 3 credit points – Level 1](#)

[Physiology of Exercise 1 \(8391\) | 3 credit points – Level 2](#)

[Physiology of Exercise 2 \(8392\) | 3 credit points – Level 3](#)

Restricted Choice - Must pass 6 credit points from the following

Part B - Must pass 3 credit points from the following

[Exercise Programming and Prescription 2 \(9812\) | 3 credit points – Level 2](#)

[Exercise Programming and Prescription for Performance \(12136\) | 3 credit points – Level 2](#)

Note:

- From Sem 1, 2025 unit 12136 Exercise Programming and Prescription for Performance replaces unit 9812 Exercise Programming and Prescription 2

Part A - Must pass 3 credit points from the following

[Exercise Programming and Prescription 1 \(9811\) | 3 credit points – Level 1](#)

[Exercise Programming and Prescription Fundamentals \(12134\) | 3 credit points – Level 1](#)

Note:

- From Sem 1, 2025 unit 12134 Exercise Programming and Prescription Fundamentals replaces unit 9811 Exercise Programming and Prescription 1

Core Major in Exercise Physiology and Rehabilitation (CM0020) | 24 credit points

Required - Must pass 24 credit points as follows

- Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1
- Introduction to Statistics (6540) | 3 credit points – Level 1
- Regional Anatomy and Physiology (9808) | 3 credit points – Level 1
- Research and Professional Practice Part A (6cp) (9813) | 0 credit points – Level 3
- Research and Professional Practice Part B (9814) | 9 credit points – Level 3
- Sport and Exercise Psychology (10012) | 3 credit points – Level 1
- Professional Orientation (Health) (11400) | 3 credit points – Level 1

Required Units - Must pass 45 credit points as follows

- Sports Medicine (6839) | 3 credit points – Level 3
- Sport and Performance Psychology (7224) | 3 credit points – Level 2
- Nutritional Science (8257) | 3 credit points – Level 2
- Biochemistry of Exercise (8339) | 3 credit points – Level 1
- Health, Disease and Exercise (8340) | 3 credit points – Level 2
- Motor Control and Skill Acquisition (8913) | 3 credit points – Level 2
- Introductory Nutrition (9280) | 3 credit points – Level 1
- Advanced Musculoskeletal Rehabilitation (9378) | 3 credit points – Level 3
- Clinical Practice in Exercise Physiology 1 (9379) | 3 credit points – Level 3
- Cardio-Pulmonary Conditions and Rehabilitation (9381) | 3 credit points – Level 3
- Clinical Practice in Exercise Physiology 2 (9382) | 3 credit points – Level 3
- Neuromuscular Conditions and Rehabilitation (9383) | 3 credit points – Level 3
- Musculoskeletal Rehabilitation (10069) | 3 credit points – Level 3
- Professional Practice in Exercise Physiology (10070) | 3 credit points – Level 3
- Exercise Management for Chronic Disease (10072) | 3 credit points – Level 3

Restricted Choice - Must pass 3 credit points from the following

- Performance Analysis in Sport (8390) | 3 credit points – Level 3
- Sports Nutrition (8721) | 3 credit points – Level 3
- Cross-Cultural Professional Practice (9855) | 3 credit points – Level 3

In addition to course requirements, in order to successfully complete your course you must meet the inherent requirements. Please refer to the [inherent requirements statement](#) applicable to your course

Typical study pattern

UC - Canberra, Bruce

Standard Full Time, Semester 1 Commencing

Year 1

Semester 1

Human Growth and Development (8338)

Introduction to Statistics (6540)

Regional Anatomy and Physiology (9808)

Sport and Exercise Psychology (10012)

Semester 2

Biochemistry of Exercise (8339)

Introductory Nutrition (9280)

Professional Orientation (Health) (11400)

Systemic Anatomy and Physiology (6529)

Year 2

Semester 1

Biomechanics 1 (6834)

Exercise Programming and Prescription 1 (9811)

Motor Control and Skill Acquisition (8913)

Physiology of Exercise 1 (8391)

Semester 2

Biomechanics 2 (6835)

Exercise Programming and Prescription 2 (9812)

Health, Disease and Exercise (8340)

Physiology of Exercise 2 (8392)

Year 3

Semester 1

Advanced Functional Anatomy (8279)

Nutritional Science (8257)

Research and Professional Practice Part A (6cp) (9813)

Semester 2

Research and Professional Practice Part B (9814)

Sports Medicine (6839)

Restricted Choice Unit

Sport and Performance Psychology (7224)

Year 4

Semester 1

Cardio-Pulmonary Conditions and Rehabilitation (9381)

Clinical Practice in Exercise Physiology 1 (9379)

Musculoskeletal Rehabilitation (10069)

Professional Practice in Exercise Physiology (10070)

Semester 2

Advanced Musculoskeletal Rehabilitation (9378)

Clinical Practice in Exercise Physiology 2 (9382)

Exercise Management for Chronic Disease (10072)

Neuromuscular Conditions and Rehabilitation (9383)

Course information

Course duration

Standard eight semesters full-time or equivalent. Maximum twenty semesters.

Learning outcomes

Learning outcomes	Related graduate attributes
Ability to read, critique, evaluate and apply evidence from research and science into practices of health care and health services	UC graduates are global citizens UC graduates are professional

	UC students are lifelong learners
Knowledge of the structure and function of the human body relevant to the scope of practice of clinical exercise physiology	UC graduates are lifelong learners
Knowledge, skill, understanding and application of the assessment, intervention, therapeutic and educational tools relevant to the scope of practice of clinical exercise physiology	UC graduates are lifelong learners
Understanding and application of the duty of care, professional ethics, roles and responsibilities and values relevant to the scope of practice of clinical exercise physiology	UC graduates are professional
Knowledge of degenerative changes and disease states potentially affecting the human body relevant to the scope of practice of clinical exercise physiology	UC graduates are lifelong learners
Communication skills in listening, speaking, explaining, teaching, writing and reading relevant to medical and clinical exercise physiology scope of practice	UC graduates are global citizens

Majors

- [Specialist Major in Human Movement \(SM0036\)](#)
- [Core Major in Exercise Physiology and Rehabilitation \(CM0020\)](#)

Awards

Award	Official abbreviation
Bachelor of Exercise Physiology and Rehabilitation	B ExPhysiol&Rehab

Honours

High performing students may be eligible for enrolment in the Bachelor of Sports Studies (Honours).

Alternative exits

Students may exit early with the Bachelor of Sport and Exercise Science if they have passed 72 credit points and meet the course completion requirements.

Enquiries

Student category	Contact details
Prospective Domestic Students	Email study@canberra.edu.au or Phone 1800 UNI CAN (1800 864 226)
Prospective International Students	Email international@canberra.edu.au or Phone +61 2 6201 5342
Current and Commencing Students	Please contact the Faculty of Health faculty office, email student.centre@canberra.edu.au

Download your course guide



Scholarships

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UC acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce campus is situated. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of Canberra and the region. We also acknowledge all other First Nations Peoples on whose lands we gather.