



# Bachelor of Exercise Physiology and Rehabilitation

(266JA.5)

Please note these are the 2021 details for this course

## Domestic students

<b>Selection rank</b>	75 <b>Note:</b> 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.
<b>Delivery mode</b>	On campus
<b>Location</b>	Bruce, Canberra
<b>Duration</b>	4.0 years
<b>Faculty</b>	Faculty of Health
<b>Discipline</b>	Discipline of Sport and Exercise Science
<b>UAC code</b>	365113
<b>English language requirements</b>	<p>There are non-standard English language requirements for this course. To be eligible you must have an overall IELTS Academic score (or equivalent) of 7.0, with no band score below 7.0. For alternate/equivalent ways of meeting the English requirements for this course please view the English Proficiency Requirements document on the university website.</p> <p><a href="#">View IELTS equivalences</a></p>

# International students

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**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](#)

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**Delivery mode** On campus

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**Location** Bruce, Canberra

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**Duration** 4.0 years

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**Faculty** Faculty of Health

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**Discipline** Discipline of Sport and Exercise Science

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**CRICOS code** 078923A

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[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

For Work Integrated Learning (WIL) students may require:

- Police check
- Working with vulnerable people
- Current vaccination

## 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 - 96 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 Allied Health (CM0023) | 24 credit points**

### **Required - Must pass 12 credit points as follows**

Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1

Regional Anatomy and Physiology (9808) | 3 credit points – Level 1

Introduction to Research in the Health Sciences (11398) | 3 credit points – Level 1

Understanding People and Behaviour (11399) | 3 credit points – Level 1

### **Restricted Choice - 12 credit points as follows**

#### **Bachelor of Sport and Exercise Science - Must pass 12 credit points as follows**

##### **Required - Must pass 3 credit points as follows**

Professional Orientation (Health) (11400) | 3 credit points – Level 1

##### **Restricted Choice - Must select 1 of the following**

##### **Option A - Must pass 9 credit points from the following**

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

##### **Option B - Must pass 9 credit points from the following**

Exercise Programming and Prescription for Health (12135) | 3 credit points – Level 2

Exercise Science Practicum 1 (12137) | 3 credit points – Level 3

Exercise Science Capstone (12139) | 3 credit points – Level 3

Note:

- From Sem 1, 2025, students must complete Option B (12135 + 12137 + 12139) instead of Option A (9813 + 9814)

#### **Bachelor of Physiotherapy - 12 credit points as follows**

### **Required - Must pass 9 credit points as follows**

Professional Orientation (Health) (11400) | 3 credit points – Level 1

Clinical Physiotherapy 1 (11536) | 3 credit points – Level 4

Clinical Physiotherapy 2 (11537) | 3 credit points – Level 4

### **Restricted Choice - Must pass 3 credit points from the following**

Evidence Based Practice (Honours) (8987) | 3 credit points – Level 4

Evidence Based Practice (8988) | 3 credit points – Level 4

### **Bachelor of Pharmacy - Must pass 12 credit points as follows**

Pharmacy Practice 3 (9011) | 3 credit points – Level 4

Professional Orientation (Pharmacy) (11125) | 3 credit points – Level 1

Dispensary Practice (11127) | 3 credit points – Level 2

Pharmacy Practice 5 (11501) | 3 credit points – Level 4

### **Bachelor of Exercise Physiology and Rehabilitation - Must pass 12 credit points as follows**

#### **Required - Must pass 3 credit points as follows**

Professional Orientation (Health) (11400) | 3 credit points – Level 1

#### **Restricted Choice - Must select 1 of the following**

##### **Option A - Must pass 9 credit points from the following**

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

##### **Option B - Must pass 9 credit points from the following**

Exercise Programming and Prescription for Health (12135) | 3 credit points – Level 2

Exercise Science Practicum 1 (12137) | 3 credit points – Level 3

Exercise Science Capstone (12139) | 3 credit points – Level 3

Note:

- From Sem 1, 2025, students must complete Option B (12135 + 12137 + 12139)

instead of Option A (9813 + 9814)

## **Bachelor of Occupational Therapy - Must pass 12 credit points as follows**

Group Work (6853) | 3 credit points – Level 2

Professional Orientation (Health) (11400) | 3 credit points – Level 1

Integrated Physiology (11726) | 3 credit points – Level 3

Aboriginal and Torres Strait Islander People's Health Contexts (11852) | 3 credit points – Level 2

## **Specialist Major in Exercise Rehabilitation (SM0065) | 24 credit points**

### **Required - Must pass 24 credit points as follows**

Advanced Musculoskeletal Rehabilitation (9378) | 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

Musculoskeletal Rehabilitation (10069) | 3 credit points – Level 3

Professional Practice in Exercise Physiology (10070) | 3 credit points – Level 3

Clinical Conditions 1 (11545) | 3 credit points – Level 3

Clinical Conditions 2 (11546) | 3 credit points – Level 4

Exercise Oncology (11547) | 3 credit points – Level 4

## **Specialist Major in Health and Performance (SM0066) | 24 credit points**

### **Required - Must pass 24 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

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

Health Promotion Principles and Practice (10455) | 3 credit points – Level 1

Advanced Topics in Physical Activity and Brain Health (11548) | 3 credit points – Level 4

Note:

- From Sem 1 2021 the unit code for Health Promotion Principles and Practice has changed from



10009 to 10455.

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

[Introductory Nutrition \(9280\)](#)

[Professional Orientation \(Health\) \(11400\)](#)

[Regional Anatomy and Physiology \(9808\)](#)

[Understanding People and Behaviour \(11399\)](#)

### Semester 2

[Human Growth and Development \(8338\)](#)

[Introduction to Research in the Health Sciences \(11398\)](#)

[Nutritional Science \(8257\)](#)

[Systemic Anatomy and Physiology \(6529\)](#)

## Year 2

### Semester 1

[Advanced Functional Anatomy \(8279\)](#)

[Biomechanics 1 \(6834\)](#)

[Exercise Programming and Prescription 1 \(9811\)](#)

[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

Motor Control and Skill Acquisition (8913)

Professional Practice in Exercise Physiology (10070)

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

#### Semester 2

Clinical Conditions 1 (11545)

Musculoskeletal Rehabilitation (10069)

Research and Professional Practice Part B (9814)

Sports Medicine (6839)

### Year 4

#### Semester 1

Cardio-Pulmonary Conditions and Rehabilitation (9381)

Clinical Conditions 2 (11546)

Health Promotion Principles and Practice (10455)

Sport and Performance Psychology (7224)

#### Semester 2

Advanced Musculoskeletal Rehabilitation (9378)

Advanced Topics in Physical Activity and Brain Health (11548)

Clinical Practice in Exercise Physiology 2 (9382)

Exercise Oncology (11547)

# Course information

## Course duration

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

## Learning outcomes

Learning outcomes

Related graduate attributes

<p>Demonstrate knowledge, skill and competency in decision making and the application of physiological assessments, exercise interventions, and educational strategies relevant to the scope of practice of an Accredited Exercise Physiologist.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills.</p> <p>UC graduates are global citizens: Adopt an informed and balanced approach across professional and international boundaries.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development.</p>
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<p>Apply theoretical and practical knowledge of degenerative changes and disease states affecting the human body relevant to the scope of practice of an Accredited Exercise Physiology.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; and use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems.</p> <p>UC graduates are global citizens: Communicate effectively in diverse cultural and social settings; and make creative use of technology in their learning and professional lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; and evaluate and adopt new technology.</p>
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<p>Design, apply and evaluate appropriate exercise interventions for improved health or performance outcomes for individuals, groups, and communities.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; work collaboratively as part of a team, negotiate, and resolve conflict; and display initiative and drive, and use their organisational skills to plan and manage their workload.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; and communicate effectively in diverse cultural and social settings.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; and evaluate and adopt new technology.</p>
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Read, critique, evaluate, integrate and translate research within the scope of practice as an Accredited Exercise Physiologist.

UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; and use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems.

Apply theoretical and practical knowledge of the structure and function of the human body relevant to the scope of practice of an Accredited Exercise Physiologist.

UC graduates are professional: Employ up-to-date and relevant knowledge and skills; and use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems.

UC graduates are global citizens: Communicate effectively in diverse cultural and social settings; and make creative use of technology in their learning and professional lives.

UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; and evaluate and adopt new technology.

Recognise and apply duty of care, professional ethics, roles and responsibilities and values relevant to the scope of practice of clinical exercise physiology.

UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; work collaboratively as part of a team, negotiate, and resolve conflict; and take pride in their professional and personal integrity.

UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; and behave ethically and sustainably in their professional and personal lives.

UC graduates are lifelong learners: Be self-aware.

Work individually, collaboratively, ethically and with cultural safety when building professional networks in the health care sector relevant to the scope of practice of an Accredited Exercise Physiologist.

UC graduates are professional: Communicate effectively; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; and take pride in their professional and personal integrity.

UC graduates are global citizens: Think globally about issues in their

profession;

adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; and behave ethically and sustainably in their professional and personal lives.

UC graduates are lifelong learners: Be self-aware; and adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas.

## Majors

- [Specialist Major in Exercise Rehabilitation \(SM0065\)](#)
- [Core Major in Allied Health \(CM0023\)](#)
- [Specialist Major in Health and Performance \(SM0066\)](#)
- [Specialist Major in Human Movement \(SM0036\)](#)

## 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

Alternative exit award Bachelor of Health Science (Human Movement):

Students may exit early if they have passed 72 credit points and meet the course completion requirements.

## Enquiries

Student category	Contact details
Prospective Domestic Students	Email <a href="mailto:study@canberra.edu.au">study@canberra.edu.au</a> or Phone 1800 UNI CAN (1800 864 226)
Prospective International Students	Email <a href="mailto:international@canberra.edu.au">international@canberra.edu.au</a> or Phone +61 2 6201 5342

Current and Commencing Students

Please contact the Faculty of Health faculty office, email [student.centre@canberra.edu.au](mailto:student.centre@canberra.edu.au)

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

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University of Canberra, Bruce ACT 2617 Australia

+61 2 6201 5111

ABN 81 633 873 422

CRICOS 00212K

TEQSA Provider ID: PRV12003 (Australian University)

UC acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce campus is situated. We wish to acknowledge

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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.