

# Bachelor of Exercise Physiology and Rehabilitation

## (266JA.6)

Please note these are the 2024 details for this course

### Domestic students

Selection rank	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.
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	<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

<b>Academic entry requirements</b>	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.  <a href="#">View UC's academic entry requirements</a>
<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>CRICOS code</b>	078923A
<b>English language requirements</b>	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.  <a href="#">View IELTS equivalences</a>

## About this course

### Take a person-centred approach to movement therapy and exercise for health across the lifespan

Explore the complexities of the human body and mind. Understand what happens to different body systems and functions during injury and illness, and the importance of movement and exercise for people across the lifespan from health to injury recovery, chronic disease management and palliative stages of care.

In the 4-year Bachelor of Exercise Physiology and Rehabilitation, you will learn how to work with people experiencing challenges to their health and function, and support them through the application of exercise medicine, physical activity, and movement. You will learn how to collaborate within healthcare teams and environments that facilitate healing, recovery, and quality of life.

You'll 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 person.

During your time at UC, you will undertake regular Work Integrated Learning (WIL), in the form of placements where you will gain valuable experience by using your skills and knowledge in real-life situations to support real people, under the supervision of experienced health professionals.

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

- Develop working knowledge of the integrated systems and functions of the human body.
- Evaluate the impact of injury, illness, disorders and disease on a person's physical and mental health, global function, and quality of life.
- Explore, critique, and apply the evidence for exercise, physical activity, and movement as part of prevention, rehabilitation, recovery, and management for a wide range of health concerns.
- Value person-centered care that respects diversity and aims to provide an inclusive and safe health environment for all people.
- Develop core cognitive, technical, and interpersonal skills with sound clinical reasoning to address the needs of clients across a wide range of clinical health areas.
- Build respectful, inclusive, and effective communication skills to work collaboratively with clients, carers, peers, health professionals, and other health stakeholders.
- Uphold the professional ethics, responsibilities, values, and standards that align with Exercise and Sports Science Australia, and national standards for (self-regulating) health professionals.

## 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 (full time equivalent) of this course, you'll undertake at least 500 hours of real-world placement in clinical health services, hospitals, sporting partners, private organisations, and community clinics and health services, both locally and/or interstate.

## Career opportunities

Graduates of this course qualify for accreditation with Exercise and Sports Science Australia (ESSA), and once approved, are ready to work as an accredited exercise physiologist in a wide range of areas such as:

- Primary healthcare in private practice, allied health clinics, GP practices.
- Community or not-for-profit health centre
- Public or private hospitals
- Emergency services and defence forces
- Rehabilitation services (consultancy)
- Sporting teams and academies
- Fitness centres, gyms
- Workplace/corporate health

- Aged care
- Education (schools, universities)
- Research institution

## Course specific information

To complete this degree, you will be required to undertake a National Police Check, attain an ACT Working with Vulnerable People card, maintain current first aid and CPR qualifications, and meet core placement requirements, to be able to undertake WIL (placement) in the required clinical areas.

This course has inherent requirements (knowledge, skills, and abilities) that are necessary to achieve the learning outcomes of your degree. All students need to meet the minimum inherent requirements for the course they enrol in.

This course is accredited by Exercise and Sports Science Australia (ESSA). Upon graduation, you are eligible to apply to ESSA for accreditation as an exercise physiologist. You are also eligible for full membership with ESSA upon application.

High performing students may be eligible for enrolment in the Bachelor of Sport Studies (Honours), which provides a pathway to a Doctorate for students interested in Higher Degree Research.

## 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, Mathematical Methods. NSW: Biology, Mathematics.

## 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

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

Clinical Practice in Exercise Physiology 1 (12075) | 3 credit points — Level 3

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

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

Health, Disease and Exercise (8340) | 3 credit points — Level 2

Motor Control and Skill Acquisition (8913) | 3 credit points — Level 2

Evidence Based Medicine 1 (8999) | 3 credit points — Level 2

Introductory Nutrition (9280) | 3 credit points — Level 1

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

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



Pain Science for Clinical Practice (12074) | 3 credit points – Level 2

Strength and Conditioning for Injury Management (12076) | 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

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

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

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

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

##### Semester 2

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

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

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

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

#### Year 2

##### Semester 1

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

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

[Health, Disease and Exercise \(8340\)](#)

[Physiology of Exercise 1 \(8391\)](#)

##### Semester 2

[Biomechanics 2 \(6835\)](#)

[Evidence Based Medicine 1 \(8999\)](#)

Exercise Programming and Prescription 2 (9812)

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)

Pain Science for Clinical Practice (12074)

Research and Professional Practice Part B (9814)

### Year 4

#### Semester 1

Advanced Musculoskeletal Rehabilitation (9378)

Cardio-Pulmonary Conditions and Rehabilitation (9381)

Clinical Conditions 2 (11546)

Clinical Practice in Exercise Physiology 1 (12075)

#### Semester 2

Advanced Topics in Physical Activity and Brain Health (11548)

Clinical Practice in Exercise Physiology 2 (9382)

Exercise Oncology (11547)

Strength and Conditioning for Injury Management (12076)

# Course information

## Course duration

Standard 4 years full time or part-time equivalent. Maximum 10 years from date of enrolment to date of course completion.

## Learning outcomes

Learning outcomes

Related graduate attributes

<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>
<p>Recognise and apply duty of care, professional ethics, roles and responsibilities and values relevant to the scope of practice of clinical exercise physiology.</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 take pride in their professional and personal integrity.</p> <p>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.</p> <p>UC graduates are lifelong learners: Be self-aware.</p>
<p>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.</p>	<p>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.</p> <p>UC graduates are global citizens: Think globally about issues in their profession;</p> <p>adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the</p>

	<p>perspective of other cultures; communicate effectively in diverse cultural and social settings; and behave ethically and sustainably in their professional and personal lives.</p> <p>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.</p>
<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>
<p>Read, critique, evaluate, integrate and translate research within the scope of practice as an Accredited Exercise Physiologist.</p>	<p>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.</p>
<p>Apply theoretical and practical knowledge of the structure and function of 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>
<p>Apply theoretical and practical knowledge of degenerative changes and disease states affecting the human body relevant to the scope of practice</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</p>

of an Accredited Exercise Physiology.	<p>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>
---------------------------------------	---

## Majors

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

## 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
Current and Commencing Students	Please contact the Faculty of Health faculty office, email <a href="mailto:student.centre@canberra.edu.au">student.centre@canberra.edu.au</a>

Prospective Domestic Students

Email [study@canberra.edu.au](mailto:study@canberra.edu.au) or Phone 1800 UNI CAN (1800 864 226)

Prospective International Students

Email [international@canberra.edu.au](mailto:international@canberra.edu.au) or Phone +61 2 6201 5342

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

Printed on 03, May, 2025

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 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.