UNIVERSITY OF CANBERRA

Bachelor of Sport and Exercise Science (274JA.1)

Please note these are the 2015 details for this course

Domestic students

Selection rank	ATAR TBC
Delivery mode	On campus
Location	
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
UAC code	
English language requirements	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent). 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	
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
CRICOS code	081005B
English language requirements	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent). View IELTS equivalences

About this course

Become a high scorer in the science of sport

The Bachelor of Sport and Exercise Science degree explores the complexity of human movement and strategies to assist athletes in reaching their full potential.

Over three years, you will cover everything from human anatomy and physiology to developing comprehensive skills in areas such as biomechanics and sport analytics with the option to apply for membership with Exercise and Sport Science Australia (ESSA) and intern with NRL, Super Rugby, W-League and WNBL teams while you study.

Studying on the Bruce campus, this is your opportunity to develop a career with access to the $16 million Sporting Commons in the company of Australia's leading elite sports teams based on campus.

Study the Bachelor of Sport and Exercise Science at UC and you will:

- be academically prepared for a career in sporting achievement
- grasp the range of sport sciences like physiology, biomechanics, motor control and psychology
- gain knowledge in the theory and practice of coaching.

Career Opportunities

- Qualification at this level can take you to national and international sporting contests in all arenas of professional contest such as coach, sport director, or as a sport and exercise scientist.

- You can guide the future and support the present as sport development officers for government bodies and across urban and regional localities.

Other Opportunities:

- Graduates can continue their studies into related masters programs in Sport Science, Exercise Physiology and Physiotherapy.
- At completion of the degree, graduates can be eligible for membership of Exercise and Sport Science Australia.

Professional accreditation

At the completion of the Sport and Exercise Science degree, graduates may be eligible for membership of Exercise and Sport Science Australia. A number of industry qualifications are also available to students on completion of appropriate units.

Admission requirements

Normal UC requirements for admission to an undergraduate course.

Additional admission requirements

Police Checks are 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 Sport and Exercise Science (274JA) | 72 credit points

Expand All | Collapse All

Open Electives - 3 credit points as follows

- Unit Levels: In selecting electives students should note that no more than 30 credit points at Level 1 is permitted for the entire course.

Note:

- Must pass 3 credit points from anywhere in the University.

Required - 69 credit points as follows

Major in Sports Science (MJ0115) | 21 credit points

Required - Must pass 15 credit points as follows

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

Biomechanics 1 (6834) | 3 credit points — Level 2

Biomechanics 2 (6835) | 3 credit points — Level 3

Physiology of Exercise 1 (8391) | 3 credit points — Level 2

Physiology of Exercise 2 (8392) | 3 credit points — Level 3

Restricted Choice - 6 credit points as follows

Part A - Must pass 3 credit points from the following

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

Part B - Must pass 3 credit points from the following

Regional Anatomy and Physiology (6534) | 3 credit points — Level 2

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

Major in Sport Coaching (Restricted) (MJ0186) | 18 credit points

Required - Must pass 9 credit points as follows

Performance Analysis in Sport (8390) | 3 credit points — Level 3

Restricted Choice - 9 credit points as follows

Part A - Must pass 3 credit points from the following

Exercise Programming and Prescription (8911) | 3 credit points — Level 2

Part B - Must pass 3 credit points from the following

Sport Coaching Pedagogy (8914) | 3 credit points — Level 2

Part C - Must pass 3 credit points from the following

Sport Coaching Principles (8912) | 3 credit points — Level 1

Required Units - Must pass 30 credit points as follows

Psychology 101 (4309) | 3 credit points — Level 1

Introduction to Statistics (6540) | 3 credit points — Level 1

Sports Medicine (6839) | 3 credit points — Level 3

Sport and Performance Psychology (7224) | 3 credit points — Level 2

Human Growth and Development (8338) | 3 credit points — Level 1

Biochemistry of Exercise (8339) | 3 credit points — Level 1

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

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

Sport Management and Development (9372) | 3 credit points — Level 1

Becoming a Professional (9572) | 3 credit points — Level 1

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

Introduction to Statistics (6540)

Regional Anatomy and Physiology (6534)

Sport Coaching Principles (8912)

Sport Management and Development (9372)

Semester 2

Becoming a Professional (9572)

Biochemistry of Exercise (8339)

Exercise Programming and Prescription (8911)

Systemic Anatomy and Physiology (6529)

Year 2

Semester 1

Biomechanics 1 (6834)

Human Growth and Development (8338)

Physiology of Exercise 1 (8391)

Psychology 101 (4309)

Semester 2

Biomechanics 2 (6835)

Health, Disease and Exercise (8340)

Physiology of Exercise 2 (8392)

Sport and Performance Psychology (7224)

Year 3

Semester 1

Introductory Nutrition (9280)

Motor Control and Skill Acquisition (8913)

Sport Coaching Pedagogy (8914)

Semester 2

Performance Analysis in Sport (8390)

Sports Medicine (6839)

Open Elective Unit

Course information

Course duration

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

Learning outcomes

Learning outcomes	Related graduate attributes
Academic training for academic pathways into masters programs	1. Communication (a-e) 2. Information literacy and numeracy 3. Information and communication

	technology 4. Problem solving (a-e) 5. Working with others (a-f) 7. Professional ethics (a-b) 8. Social responsibility (a-d) 9. Life long learning (a-d) 10. Personal attributes (a-e)
Academic training for academic pathways into masters programs	1. Communication (a-e) 2. Information literacy and numeracy 3. Information and communication technology 4. Problem solving (a-e) 5. Working with others (a-f) 7. Professional ethics (a-b) 8. Social responsibility (a-d) 9. Life long learning (a-d) 10. Personal attributes (a-e)
Eligibility for membership to the Australian Association for Exercise and Sport science	1. Communication (a-e) 2. Information literacy and numeracy 3. Information and communication technology 4. Problem solving (a-e) 5. Working with others (a-f)

	6. Effective workplace skills (a-c) 7. Professional ethics (a-b) 8. Social responsibility (a-d) 9. Life long learning (a-d) 10. Personal attributes (a-e)

Majors

- Major in Sport Coaching (Restricted) (MJ0186)
- Major in Sports Science (MJ0115)

Awards

Award	Official abbreviation
Bachelor of Sport and Exercise Science	B Sp&ExSc

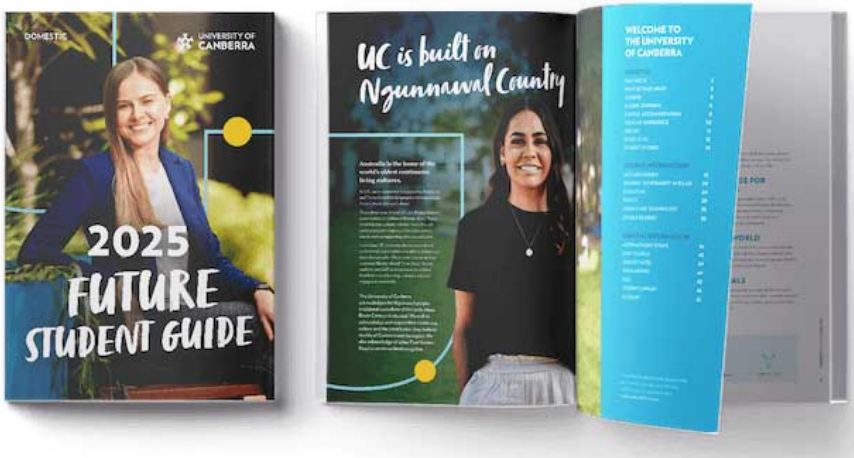
Honours

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

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 health.student@canberra.edu.au

Download your course guide



Scholarships

Find the scholarship that's the right fit for you

Explore Scholarships

Printed on 11, July, 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.