

Bachelor of Sport and Exercise Science (274JA.3)

Please note these are the 2019 details for this course

Domestic students

Selection rank	51.45
	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	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 .
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[View UC's academic entry requirements](#)

Delivery mode	On campus
Location	Bruce, Canberra
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

Score a competitive career in sport and exercise science

Explore the complexities of human movement and develop a broad understanding of all aspects of sport and exercise with a Bachelor of Sport and Exercise Science.

Through this course you will gain valuable knowledge and hands-on experience developing innovative strategies and techniques to assist high performance athletes reach their full potential.

With unparalleled access to UC's professional and community sporting organisations right here on campus and around Canberra, you'll be encouraged to work alongside some of Australia's leading elite sports teams and research centres.

During your time at UC, you'll also undertake regular Work Integrated Learning (WIL), in the form of professional internships and have the opportunity to select, research and develop your own sport and exercise science-based project.

Upon graduation you will also be eligible to apply for an exercise science membership with Exercise and Sports Science Australia (ESSA), a professional organisation committed to establishing, promoting and defending the career paths of tertiary trained exercise and sports science practitioners.

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

This course has a particularly strong link between professional placements and employment, with many interns securing future roles even before graduation. High performing students may be eligible for enrolment in the Bachelor of Sport Studies (Honours), or if you'd prefer to progress to postgraduate study, you could undertake the Master of Sport and Exercise Science (Research), or one of many other related master's programs in the Faculty of Health.

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

- cover a range of exercise science subjects, from human anatomy and physiology, to motor control and psychology
- be academically prepared for a career in the sports industry.
- develop comprehensive skills in areas such as biomechanics and sport analytics

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. You'll undertake 250 hours of actual placement and will have the opportunity to apply for numerous internships with UC's professional partners such as:

- NRL
- Super Rugby
- W-League
- WNBL
- Physical Activity Foundation
- YMCA
- Institutes of Sport
- Community sporting groups

Career opportunities

- Exercise scientist
- Sport development officer
- Health promotion officer
- Sports analyst
- Sports policy and strategy analyst
- Performance analyst
- Physical training specialist
- Strength and conditioning coach

Course-specific information

Applicants will be required to:

- Undertake a National Police Check
- Attain an ACT Working with Vulnerable Peoples card.

Assumed knowledge:

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

Professional accreditation

At the completion of the Sport and Exercise Science degree, graduates may submit an application for exercise science 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

Required - 69 credit points as follows

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

Major in Exercise Science (MJ0260) | 21 credit points

Required - Must pass 21 credit points as follows

[Systemic Anatomy and Physiology \(6529\) | 3 credit points — Level 1](#)

[Sports Medicine \(6839\) | 3 credit points — Level 3](#)

[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](#)

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

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

Major in Human Movement (MJ0261) | 18 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

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

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

Exercise Programming and Prescription 1 (9811) | 3 credit points – Level 1

Exercise Programming and Prescription 2 (9812) | 3 credit points – Level 2

Required Units - Must pass 30 credit points as follows

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

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

Nutritional Science (8257) | 3 credit points – Level 2

Advanced Functional Anatomy (8279) | 3 credit points – Level 3

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

Foundations of Professional Planning (9799) | 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

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 \(8339\)](#)

[Foundations of Professional Planning \(9799\)](#)

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

[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 \(9814\)](#)

[Sport and Performance Psychology \(7224\)](#)

[Sports Medicine \(6839\)](#)

Standard Full Time, Semester 2 Commencing

Year 1

Semester 2

[Biochemistry of Exercise \(8339\)](#)

[Foundations of Professional Planning \(9799\)](#)

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

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

Year 2

Semester 1

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

[Introduction to Statistics \(6540\)](#)

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

[Sport and Exercise Psychology \(10012\)](#)

Semester 2

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

[Physiology of Exercise 2 \(8392\)](#)

[Sport and Performance Psychology \(7224\)](#)

[Sports Medicine \(6839\)](#)

Winter Term

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

Year 3

Semester 1

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

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

[Research and Professional Practice Part A \(6cp\) \(9813\)](#)

Semester 2

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

[Exercise Programming and Prescription 2 \(9812\)](#)

[Performance Analysis in Sport \(8390\)](#)

[Research and Professional Practice Part B \(9814\)](#)

Winter Term

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

Year 4

Semester 1

[Motor Control and Skill Acquisition \(8913\)](#)

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

Course information

Course duration

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

Learning outcomes

Learning outcomes	Related graduate attributes
Students may be eligible to apply for Exercise Science membership with Exercise Sport Science Australia (ESSA).	<ol style="list-style-type: none">1. Communication (a-e)2. Information literacy and numeracy3. Information and communication technology4. 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)
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 employment in the coalface delivery of sport	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 Human Movement \(MJ0261\)](#)
- [Major in Exercise Science \(MJ0260\)](#)

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)
Current and Commencing Students	Please contact the Faculty of Health faculty office, email student.centre@canberra.edu.au
Prospective International Students	Email 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](#)

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University of Canberra, Bruce ACT 2617 Australia

+61 2 6201 5111

ABN 81 633 873 422

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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.