

Bachelor of Sport and Exercise Science (274JA.4)

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	365191
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

Through this course, you'll develop a broad understanding of all aspects of sport and exercise science and will explore the complexity of human movement, while developing strategies to assist athletes in reaching their full potential. Having access to UC's innovative and unique Sporting Commons gives you unprecedented connections with community and professional sporting organisations right here on campus. You'll be encouraged to network with and become part of the Canberra sports community in the company of Australia's leading elite sports teams and research centres. During your time at UC, you'll undertake regular Work Integrated Learning (WIL) in the form of professional internships and will develop a research project in an area of sport and exercise science of particular interest to you.

As this course is accredited by Exercise and Sports Science Australia (ESSA), upon graduation you can submit an application for exercise science membership. 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 sport 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 within industry before graduating. You'll undertake 250 hours of placement and will have the opportunity to apply for numerous internships with UC's professional partners in areas such as NRL, Super Rugby, W-League, WNBL, Physical Activity Foundation, YMCA, Institutes of Sport and Community sporting groups.

Previous Sport and Exercise Science students have undertaken internships with organisations including the Australian Sports Commission, Basketball Australia, Ainslie Football Club, Canberra Raiders, the Football Federation of Australia, Volleyball Australia, Monaro Panthers Football Club, AFL NSW/ACT, Belconnen Magpies Sports Club, Brumbies Rugby, Woden Weston Football Club, Cricket NSW, the Ginninderra Swim Club, Physical Activity Foundation, forty2 edventures, Capital Football, Hockey ACT, Triathlon ACT, Touch Football ACT, ANU Sport, Cricket ACT, the Alcohol and Drug Foundation, UC Ginninderra Athletics Club, School Sport ACT and the University of Canberra Swim Club.

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 and attain an ACT Working with Vulnerable People card.

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

This course is accredited by Exercise and Sports Science Australia (ESSA). Upon graduation, students may submit an application for exercise science membership of ESSA. A number of industry qualifications are also available to students on completion of appropriate units.

High performing students may be eligible for enrolment in the Bachelor of Sport Studies (Honours). Graduates can continue their studies with a Master of Sport and Exercise Science (Research) or via related Faculty of Health master's programs such as high performance sport and physiotherapy.

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

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 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](#)

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 Sport and Exercise Science (CM0024) | 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 21 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

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)

Sport and Performance Psychology (7224)

Sports Medicine (6839)

Restricted Choice 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 employment in the coalface delivery of sport	1. Communication (a-e) 2. Information literacy and numeracy 3. Information and communication

	<p>technology</p> <p>4. Problem solving (a-e)</p> <p>5. Working with others (a-f)</p> <p>6. Effective workplace skills (a-c)</p> <p>7. Professional ethics (a-b)</p> <p>8. Social responsibility (a-d)</p> <p>9. Life long learning (a-d)</p> <p>10. Personal attributes (a-e)</p>
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Academic training for academic pathways into masters programs	<p>1. Communication (a-e)</p> <p>2. Information literacy and numeracy</p> <p>3. Information and communication technology</p> <p>4. Problem solving (a-e)</p> <p>5. Working with others (a-f)</p> <p>7. Professional ethics (a-b)</p> <p>8. Social responsibility (a-d)</p> <p>9. Life long learning (a-d)</p> <p>10. Personal attributes (a-e)</p>
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Students may be eligible to apply for Exercise Science membership with Exercise Sport Science Australia (ESSA)	<p>1. Communication (a-e)</p> <p>2. Information literacy and numeracy</p> <p>3. Information and communication technology</p> <p>4. Problem solving (a-e)</p>
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	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)
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Majors

- [Specialist Major in Human Movement \(SM0036\)](#)
- [Core Major in Sport and Exercise Science \(CM0024\)](#)

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 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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CRICOS 00212K

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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.