UNIVERSITY OF CANBERRA

Bachelor of Sport and Exercise Science (274JA.5)

Please note these are the 2021 details for this course

Domestic students

Selection rank	60 **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.

	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 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 apply for accreditation as an exercise scientist. 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 Health Sciences (Honours), or if you'd prefer to progress to postgraduate study, you could undertake the Master of Strength and Conditioning (HLM401) 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

- Accredited exercise scientist
- Sport development officer
- Health promotion officer
- Sports analyst
- Sports policy and strategy analyst
- Performance analyst
- Physical training specialist

Course-specific information

Applicants will be required to undertake a National Police Check and attain an ACT Working with Vulnerable People card.

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.

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 (ESSA). 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 card
- 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 Sport and Exercise Science (274JA) | 72 credit points

Expand All | Collapse All

Required - 69 credit points as follows

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

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

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

Performance Analysis in Sport (11578) | 3 credit points — Level 2

Restricted Choice - Must pass 3 credit points from the following

Indigenous Health: Contemporary Issues (7434) | 3 credit points — Level 2

Sports Nutrition (8721) | 3 credit points — Level 3

Cross-Cultural Professional Practice (9855) | 3 credit points — Level 3

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

Introductory Physiotherapy Skills (12008) | 3 credit points — Level 2

- From 2024, unit 11852 Aboriginal and Torres Strait Islander People's Health Contexts replaces 7434 Indigenous Health: Contemporary Issues.

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)

Exercise Programming and Prescription 2 (9812)

Performance Analysis in Sport (11578)

Physiology of Exercise 2 (8392)

Year 3

Semester 1

Motor Control and Skill Acquisition (8913)

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

Sport and Performance Psychology (7224)

Semester 2

Nutritional Science (8257)

Research and Professional Practice Part B (9814)

Sports Medicine (6839)

Restricted Choice Unit

Standard Full Time, Semester 2 Commencing

Year 1

Semester 2

Human Growth and Development (8338)

Introduction to Research in the Health Sciences (11398)

Performance Analysis in Sport (11578)

Systemic Anatomy and Physiology (6529)

Year 2

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)

Health, Disease and Exercise (8340)

Nutritional Science (8257)

Restricted Choice Unit (or in Year 4, Semester 1)

Year 3

Semester 1

Advanced Functional Anatomy (8279)

Biomechanics 1 (6834)

Physiology of Exercise 1 (8391)

Sport and Performance Psychology (7224)

Semester 2

Biomechanics 2 (6835)

Exercise Programming and Prescription 2 (9812)

Physiology of Exercise 2 (8392)

Sports Medicine (6839)

Year 4

Semester 1

Motor Control and Skill Acquisition (8913)

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

Restricted Choice Unit (or in Year 2, Semester 2)

Winter Term

Research and Professional Practice Part B (9814)

Standard Full Time, Semester 2 Commencing - International Students

Year 1

Semester 2

Human Growth and Development (8338)

Introduction to Research in the Health Sciences (11398)

Performance Analysis in Sport (11578)

Systemic Anatomy and Physiology (6529)

Year 2

Semester 1

Introductory Nutrition (9280)

Professional Orientation (Health) (11400)

Regional Anatomy and Physiology (9808)

Understanding People and Behaviour (11399)

Semester 2

Health, Disease and Exercise (8340)

Nutritional Science (8257)

Physiology of Exercise 2 (8392)

Winter Term

Physiology of Exercise 1 (8391)

Year 3

Semester 1

Advanced Functional Anatomy (8279)

Biomechanics 1 (6834)

Exercise Programming and Prescription 1 (9811)

Sport and Performance Psychology (7224)

Semester 2

Biomechanics 2 (6835)

Exercise Programming and Prescription 2 (9812)

Sports Medicine (6839)

Restricted Choice Unit (or in Year 4, Semester 1)

Year 4

Semester 1

Motor Control and Skill Acquisition (8913)

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

Restricted Choice Unit (or in Year 3, Semester 2)

Winter Term

Course information

Course duration

Standard 3 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
Work individually, collaboratively, ethically and with cultural safety when building professional networks and undertaking placement in the sport and exercise science sector.	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; 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; behave ethically and sustainably in their professional and personal lives. UC graduates are lifelong learners: reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware;
Translate and communicate sport and exercise specific knowledge to a variety of health-related audiences such as professionals, government and non-	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.

government representatives and clients.	UC graduates are global citizens: Adopt an informed and balanced approach across professional and international boundaries; communicate effectively in diverse cultural and social settings; and behave ethically and sustainably in their professional and personal lives. UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; and adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas.
Read, critique, evaluate, integrate and apply research into practices of health care and human performance.	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. UC graduates are global citizens: Adopt an informed and balanced approach across professional and international boundaries; and make creative use of technology in their learning and professional lives.
Apply theoretical and practical knowledge of the structure and function of the human body relevant to the scope of practice of exercise science.	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. UC graduates are global citizens: Adopt an informed and balanced approach across professional and international boundaries; and make creative use of technology in their learning and professional lives.
Demonstrate applied knowledge, skill and competency in decision making and application of assessment, intervention and educational strategies relevant to the scope of practice of exercise science.	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: Adopt an informed and balanced approach across professional and international boundaries. UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; and adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas.

Analyse and explain the impact of physical activity on human development and performance.	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: Adopt an informed and balanced approach across professional and international boundaries; and make creative use of technology in their learning and professional lives.
Design, apply and evaluate appropriate interventions for improved health or performance outcomes for individuals, groups, communities and populations.	UC graduates are professional: Employ up-to-date and relevant knowledge and skills; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; and work collaboratively as part of a team, negotiate, and resolve conflict. UC graduates are global citizens: 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; make creative use of technology in their learning and professional lives; and behave ethically and sustainably in their professional and personal lives. UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; and evaluate and adopt new technology.

Majors

- Core Major in Allied Health (CM0023)
- Specialist Major in Human Movement (SM0036)

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

Printed on 12, 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.