

# Bachelor of Sport and Exercise Science/Bachelor of Human Nutrition (276JA.3)

Please note these are the 2018 details for this course

## Domestic students

<b>Selection rank</b>	62
	<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.

<b>English language requirements</b>	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent).
	<a href="#">View IELTS equivalences</a>

<b>Duration</b>	4.0 years
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<b>UAC code</b>	365193
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<b>Faculty</b>	Faculty of Health
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<b>Discipline</b>	Discipline of Nutrition and Dietetics Discipline of Sport and Exercise Science
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<b>Location</b>	UC - Canberra, Bruce
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Fees 

Per Unit	Per Annum	Full Course
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# International students

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## 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](#)

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## English language requirements

An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent).

[View IELTS equivalences](#)

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## CRICOS code

081002E

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## Faculty

Faculty of Health

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## Discipline

Discipline of Nutrition and Dietetics  
Discipline of Sport and Exercise Science

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## Location

UC - Canberra, Bruce

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## Duration

4.0 years

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Fees 

Per Unit

Per Annum

Full Course

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# About this course

## Become an expert in the science in sport and nutrition

If you're seeking a career as a coach or sports scientist, the combination of a Bachelor in Sport and Exercise Science with a Bachelor of Human Nutrition, will prepare you to work with elite athletes around the globe.

By combining a solid core in human physiology and anatomy with nutritional science, pathobiology, food and consumer science, you will acquire the latest in-depth knowledge on sport and nutrition.

As a graduate you will also be qualified to apply for specialised postgraduate courses in sports nutrition, human nutrition, dietetics, pharmacy, physiotherapy and public health nutrition.

## Study a Bachelor of Sport and Exercise Science/Bachelor of Human Nutrition at UC and you will:

- develop a sound scientific foundation in sport and human sciences
- use nutrition to boost the performance of athletes
- gain a working knowledge of food choice in sport
- understand factors that influence eating behaviour and food responses
- examine the psychological, social and cultural aspects of food in health and wellbeing, particularly as it applies to sport.

## Career opportunities

You can expect to find employment in:

- coaching for children and adults
- coaching resources and facilities for government
- community and public health
- government policy
- nutritional organisations
- biological, human or medical sciences
- health promotion and research
- the food industry and food regulation.

Further study in postgraduate courses can take you to national and international contests in all arenas of professional practice such as:

- sports nutritionist and dietician
- sport and exercise scientist.

## Important to know

You will also be qualified to apply for specialised postgraduate courses in sports nutrition, human nutrition, dietetics, pharmacy, physiotherapy and public health nutrition available at UC.

The University of Canberra is committed to building a strong and sustainable Aboriginal and Torres Strait Islander sporting industry and health workforce. If you are an Aboriginal and Torres Strait Islander person looking to study this course, please contact Rachel Harrigan, Faculty of Health General Manager, (02) 6201 2608.

You graduate with the degree of Bachelor of Sport Coaching and Exercise Science at the end of 3 years.

Our 2-year Master of Nutrition and Dietetics is needed to become a qualified dietician.

## Professional accreditation

Please refer to Exercise and Sport Science Australia (ESSA): [www.essa.org.au](http://www.essa.org.au)

# Admission requirements

Normal requirements for admission to an undergraduate degree course.

## Additional admission requirements

Refer to individual courses.

## Assumed knowledge

Refer to individual courses.

## 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](#). Credit is not permitted towards completion of a graduate certificate.

# Course requirements

## Bachelor of Sport and Exercise Science/Bachelor of Human Nutrition (276JA) | 96 credit points

**Required - 96 credit points as follows**

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

**Sport and Exercise Science - 54 credit points as follows**

**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

## **Required Units - Must pass 33 credit points as follows**

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

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

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

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

Foundations of Professional Planning (9799) | 3 credit points – Level 1

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

Exercise Programming and Prescription 1 (9811) | 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

- Students take unit 6529 Systemic Anatomy and Physiology as part of the Major in Human Nutrition in this course, therefore the Major in Exercise Science only requires 18 credit points.

## **Human Nutrition - 42 credit points as follows**

### **Minor in Biological Chemistry (MN0008) | 12 credit points**

#### **Required - Must pass 12 credit points as follows**

Chemistry 1a (1516) | 3 credit points – Level 1

Chemistry 1b (1517) | 3 credit points – Level 1

Human Biochemistry (6518) | 3 credit points – Level 2

Biochemistry (6530) | 3 credit points – Level 2

### **Major in Human Nutrition (MJ0051) | 18 or 21 or 24 credit points**

#### **For the 18cp Major - Must pass 18 credit points as follows**

#### **Required - Must pass 15 credit points as follows**

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

Nutrition Across the Lifecycle (8253) | 3 credit points – Level 3

Nutrition and Disease (8255) | 3 credit points – Level 3

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

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

#### **Restricted Choice - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

## **For the 21cp Major - Must pass 21 credit points as follows**

### **Required - Must pass 15 credit points as follows**

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

Nutrition Across the Lifecycle (8253) | 3 credit points – Level 3

Nutrition and Disease (8255) | 3 credit points – Level 3

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

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

### **Restricted Choice - 6 credit points as follows**

#### **Part A - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

#### **Part B - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

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

International Nutrition (9278) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

## **For the 24cp Major - Must pass 24 credit points as follows**

### **Required - Must pass 15 credit points as follows**

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

Nutrition Across the Lifecycle (8253) | 3 credit points – Level 3

Nutrition and Disease (8255) | 3 credit points – Level 3

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

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

### **Restricted Choice - 9 credit points as follows**

### **Part A - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

### **Part B - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

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

International Nutrition (9278) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

### **Part C - Must pass 3 credit points from the following**

Chemistry 1a (1516) | 3 credit points – Level 1

Human Physiology and the Lifecycle (6532) | 3 credit points – Level 3

Food Science (8251) | 3 credit points – Level 2

Nutrition, Society and Health (8259) | 3 credit points – Level 3

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

International Nutrition (9278) | 3 credit points – Level 3

Note:

- Students choosing to undertake the 24 credit point Major must be enrolled in the Human Nutrition degree course or have permission from the Convener of the Major.

### **Required Units - Must pass 9 credit points as follows**

Human Physiology and the Lifecycle (6532) | 3 credit points – Level 3

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

Sports Nutrition (8721) | 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

Chemistry 1a (1516)

Introduction to Statistics (6540)

Introductory Nutrition (9280)

Regional Anatomy and Physiology (9808)

#### Semester 2

Biochemistry of Exercise (8339)

Chemistry 1b (1517)

Foundations of Professional Planning (9799)

Systemic Anatomy and Physiology (6529)

### Year 2

#### Semester 1

Biomechanics 1 (6834)

Exercise Programming and Prescription 1 (9811)

Human Growth and Development (8338)

Physiology of Exercise 1 (8391)

#### Semester 2

Biomechanics 2 (6835)

Health, Disease and Exercise (8340)

Introduction to Food Science (9279)

Physiology of Exercise 2 (8392)

### Year 3

#### Semester 1

Biochemistry (6530)

Motor Control and Skill Acquisition (8913)

Nutritional Science (8257)

Sport and Exercise Psychology (10012)

#### Semester 2

Food Science (8251)



Human Biochemistry (6518)

Sport and Performance Psychology (7224)

Sports Medicine (6839)

#### Year 4

##### Semester 1

Human Physiology and the Lifecycle (6532)

Nutrition Across the Lifecycle (8253)

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

##### Semester 2

Nutrition and Disease (8255)

Nutrition, Society and Health (8259)

Research and Professional Practice Part B (9814)

Sports Nutrition (8721)

# Course information

## Course duration

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

## Learning outcomes

Learning outcomes	Related graduate attributes
TBA	TBA

## Majors

- [Minor in Biological Chemistry \(MN0008\)](#)
- [Major in Exercise Science \(MJ0260\)](#)
- [Major in Human Nutrition \(MJ0051\)](#)

## Awards

Award	Official abbreviation
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Bachelor of Human Nutrition	B HumanNutr
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Bachelor of Sport and Exercise Science

B Sp&ExSc

## Honours

Refer to individual courses.

## Alternative exits

In order for the Diploma of Health Studies to be awarded the student must have:

- completed 24 credit points with at least 12 credit points at Level 1
- completed a minimum of 12 credit points at UC and
- obtained a minimum of 12 credit points in any of the health disciplines.

In order for the Associate Degree in Health Studies to be awarded the student must have:

- completed 48 credit points with at least 12 credit points at Level 1 and 12 credit points at Level 2
- completed a minimum of 24 credit points at UC and
- obtained a minimum of 24 credit points in any of the health disciplines.

For details of individual courses, please see the separate entries for each course on the UC website.

## 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 International Students	Email <a href="mailto:international@canberra.edu.au">international@canberra.edu.au</a> or Phone +61 2 6201 5342
Prospective Domestic Students	Email <a href="mailto:study@canberra.edu.au">study@canberra.edu.au</a> or Phone 1800 UNI CAN (1800 864 226)

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

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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.