

Bachelor of Health Science (Human Movement)/ Bachelor of Human Nutrition (HLHL01.2)

Please note these are the 2023 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	4.0 years
Faculty	Faculty of Health
Discipline	Discipline of Nutrition and Dietetics Discipline of Sport and Exercise Science
UAC code	365269
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	<p>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.</p> <p>View UC's academic entry requirements</p>
Delivery mode	On campus
Location	Bruce, Canberra
Duration	4.0 years
Faculty	Faculty of Health
Discipline	<p>Discipline of Nutrition and Dietetics</p> <p>Discipline of Sport and Exercise Science</p>
CRICOS code	099024G
English language requirements	<p>An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent).</p> <p>View IELTS equivalences</p>

About this course

Take the ultimate fitness (and wellness) test!

Combine the skills and knowledge of a coach or sports scientist with that of a nutritionist by studying the national capital's fittest double degree!

The Bachelor of Health Science (Human Movement)/Bachelor of Human Nutrition course combines the scientific health and human movement studies behind elite sports, including human physiology and anatomy, with pathobiology, food and consumer science and studies in food nutrition in sport.

You'll develop a unique blend of skills from our expert teachers, including the delivery of clinically focused personalised support and the methods and applications used in the science of human movement – all while gaining a clear and critical understanding of the psychological, social and cultural aspects of food's relationship to health and wellbeing in sport.

If you're interested in cutting-edge pathways to postgraduate study that will give you an edge and hands-on work opportunities that

maximise athletic performance at the elite level, this is the course for you. Apply for the ultimate fitness test today.

Combine a Bachelor of Health Science (Human Movement) and Bachelor of Nutrition at UC and you will:

- be ready to maximise athletic performance at the elite level
- gain strong knowledge of the theory and practice of coaching
- develop a sound scientific foundation in sport and build your knowledge of the core topics of the discipline of human movement and nutrition
- understand factors that influence eating behaviour and food responses
- master the research methods used by sports scientists and learn how to apply these to the design and conduct of scientific studies as well as write clinical reports and interpret results
- enhance your ability to apply your knowledge in a critical way to problems related to human nutrition and physical performance
- increase your understanding and application of the values and professional ethics in sports development and nutrition research.

Career opportunities

A UC Health Science (Human Movement)/Bachelor of Human Nutrition double degree opens doors in a range of sectors in the innovative world of sports and nutrition science as well as the education and health arenas, including:

- exercise physiology
- sports administration
- sports nutrition
- dietetics
- exercise scientist
- biomechanics
- policy development
- public health
- program co-ordination and welfare
- coaching
- biological and medical sciences
- rehabilitation services
- training and fitness instruction
- aged care
- research
- physical education
- health administration, promotion and research
- food regulation.

Professional accreditation

Refer to individual courses.

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>

Assumed knowledge

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

Periods course is open for new admissions

Year	Location	Teaching period	Teaching start date	Domestic	International
2025	Bruce, Canberra	Semester 1	03 February 2025	✓	✓
2025	Bruce, Canberra	Semester 2	28 July 2025	✓	✓
2026	Bruce, Canberra	Semester 1	16 February 2026	✓	✓
2026	Bruce, Canberra	Semester 2	10 August 2026	✓	✓
2027	Bruce, Canberra	Semester 1	15 February 2027	✓	✓
2027	Bruce, Canberra	Semester 2	09 August 2027	✓	✓

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 Health Science (Human Movement)/ Bachelor of Human Nutrition (HLHL01) | 96 credit points

Required - Must pass 96 credit points as follows

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

Core Major in Health Science (CM0017) | 24 credit points

Required - Must pass 24 credit points as follows

Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1
Regional Anatomy and Physiology (9808) | 3 credit points – Level 1
Industry and Community Engagement (Health) (10120) | 3 credit points – Level 3
Introduction to Research in the Health Sciences (11398) | 3 credit points – Level 1
Understanding People and Behaviour (11399) | 3 credit points – Level 1
Professional Orientation (Health) (11400) | 3 credit points – Level 1
Professional Practice (Health) 1 (11401) | 3 credit points – Level 2
Professional Evidence (Health) (11402) | 3 credit points – Level 3

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

Specialist Major in Nutritional Science (SM0042) | 24 credit points

Required - Must pass 24 credit points as follows

[Nutrition and Disease \(8255\)](#) | 3 credit points — Level 3

[Nutritional Science \(8257\)](#) | 3 credit points — Level 2

[Introduction to Food Science \(9279\)](#) | 3 credit points — Level 1

[Introductory Nutrition \(9280\)](#) | 3 credit points — Level 1

[Integrated Physiology \(11726\)](#) | 3 credit points — Level 3

[Excitable Tissue Physiology \(11729\)](#) | 3 credit points — Level 3

[Fundamentals of Biochemistry \(11733\)](#) | 3 credit points — Level 2

[Biochemistry and Metabolism \(11734\)](#) | 3 credit points — Level 2

Core Major in Nutrition Foundations (CM0021) | 24 credit points

Required - Must pass 18 credit points as follows

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

[Regional Anatomy and Physiology \(9808\)](#) | 3 credit points — Level 1

[Professional Orientation \(Health\) \(11400\)](#) | 3 credit points — Level 1

[Professional Evidence \(Health\) \(11402\)](#) | 3 credit points — Level 3

[Chemical Concepts \(11724\)](#) | 3 credit points — Level 1

[Chemical Foundations \(11768\)](#) | 3 credit points — Level 1

Restricted Choice - 6 credit points as follows

Part A - Must pass 3 credit points from the following

Health Program Planning and Evaluation (10454) | 3 credit points – Level 3

Professional Practice (Health) 1 (11401) | 3 credit points – Level 2

Part B - Must pass 3 credit points from the following

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

Industry and Community Engagement (Health) (10120) | 3 credit points – Level 3

- Where units are duplicated in these majors, open elective units will be taken instead to meet credit point requirements.

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

[Chemical Foundations \(11768\)](#)

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

[Professional Orientation \(Health\) \(11400\)](#)

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

Semester 2

[Chemical Concepts \(11724\)](#)

[Introduction to Research in the Health Sciences \(11398\)](#)

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

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

Year 2

Semester 1

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

[Fundamentals of Biochemistry \(11733\)](#)

Introduction to Food Science (9279)

Understanding People and Behaviour (11399)

Semester 2

Biochemistry and Metabolism (11734)

Exercise Programming and Prescription Fundamentals (12134)

Human Growth and Development (8338)

Nutrition and Disease (8255)

Year 3

Semester 1

Physiology of Exercise 1 (8391)

Professional Practice (Health) 1 (11401)

One Open Elective Unit

Biomechanics 1 (6834)

Semester 2

Biomechanics 2 (6835)

Exercise Programming and Prescription for Performance (12136)

Physiology of Exercise 2 (8392)

One Open Elective Unit

Year 4

Semester 1

Two Open Elective Units

Industry and Community Engagement (Health) (10120)

Integrated Physiology (11726)

Semester 2

Professional Evidence (Health) (11402)

Two Open Elective Units

Excitable Tissue Physiology (11729)

Standard Full Time, Semester 2 Commencing

Year 1

Semester 2

Introduction to Research in the Health Sciences (11398)

Introductory Nutrition (9280)

Professional Orientation (Health) (11400)

Systemic Anatomy and Physiology (6529)

Year 2**Semester 1**

Chemical Foundations (11768)

Introduction to Food Science (9279)

Regional Anatomy and Physiology (9808)

Understanding People and Behaviour (11399)

Semester 2

Chemical Concepts (11724)

Exercise Programming and Prescription Fundamentals (12134)

Human Growth and Development (8338)

Nutritional Science (8257)

Year 3**Semester 1**

Fundamentals of Biochemistry (11733)

Physiology of Exercise 1 (8391)

One Elective Unit

Advanced Functional Anatomy (8279)

Semester 2

Biochemistry and Metabolism (11734)

Exercise Programming and Prescription for Performance (12136)

One Elective Unit

Physiology of Exercise 2 (8392)

Year 4**Semester 1**

Biomechanics 1 (6834)

[Professional Practice \(Health\) 1 \(11401\)](#)

One Elective Unit

[Integrated Physiology \(11726\)](#)

Semester 2

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

[Excitable Tissue Physiology \(11729\)](#)

[Nutrition and Disease \(8255\)](#)

[Professional Evidence \(Health\) \(11402\)](#)

Year 5

Semester 1

Three Open Elective Units

[Industry and Community Engagement \(Health\) \(10120\)](#)

Course information

Course duration

Standard 4 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
Refer to individual courses.	-

Placements requirements

This course requires students to meet compulsory placement requirements prior to undertaking professional placement (Work-Integrated Learning) in a clinical or professional setting. For information on what these requirements are and how to meet these requirements, please visit www.canberra.edu.au/placement

Majors

- [Specialist Major in Human Movement \(SM0036\)](#)
- [Core Major in Health Science \(CM0017\)](#)
- [Specialist Major in Nutritional Science \(SM0042\)](#)
- [Core Major in Nutrition Foundations \(CM0021\)](#)

Awards

Award	Official abbreviation
Bachelor of Human Nutrition	B HumanNutr
Bachelor of Health Science (Human Movement)	B HthScience (HumanMovement)

Honours

Refer to individual courses.

Related courses

- [Bachelor of Health Science \(Human Movement\) \(HLB101\)](#)
- [Bachelor of Human Nutrition \(686AA\)](#)

Enquiries

Student category	Contact details
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
Prospective Domestic Students	Email study@canberra.edu.au 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

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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.