Why Exercise & Sport Sciences at UQ?

With an increasing emphasis on health and being active in today’s society, exercise and sports sciences is one of the fastest growing careers in the world. Exercise and sport sciences focuses on understanding and enhancing human movement and how the body reacts to different fitness and exercise activities, sport, recreational activities, and other intensive physical activity. At UQ, our focus is preparing you for a dynamic career and our extensive practical placements program makes sure you are job-ready when you graduate.

You will work with a range of clients, from children to elite athletes, and learn in professionally equipped biomechanics, motor control, exercise physiology, and strength and conditioning laboratories. All our graduates are eligible for professional accreditation with ESSA as a Clinical Exercise Physiologist, as well as accreditation as an exercise scientist. There are limited places available in this major and entry is based on Grade Point Average (GPA) at the end of the first year. As an accredited exercise physiologist you will specialise in the science of exercise and delivering exercise-based lifestyle and behavioural programs for people at high-risk of developing, or with existing, chronic and complex medical conditions and injuries such as diabetes, cardiovascular disease and depression. You will complete more than 500 hours of clinical exercise prescription and professional practice in Queensland, or around Australia and the world.

Clinical Exercise Physiology major

After you finish your first year you may be eligible to enter the Clinical Exercise Physiology major which will give you automatic accreditation with ESSA as a Clinical Exercise Physiologist, as well as accreditation as an exercise scientist. Clinical Exercise Physiologist accreditation open to graduates of the Clinical Exercise Physiology major.

Why Exercise & Sport Sciences

Exercise & Sport Sciences at UQ:?

Exercise & Sport Sciences at UQ and get hands-on, practical experience so you’ll graduate confident and job-ready with 400 hours spent on placement during your exercise and sport sciences degree or 500 hours placement if you study clinical exercise physiology.

You will learn in UQ’s professionally equipped biomechanics, motor control, exercise physiology and strength and conditioning laboratories.

In your final year you will complete 400 hours of professional practice in institutes or academies of sport, hospitals, private practice and professional sporting teams, as well as within our professionally equipped exercise sciences labs and clinics. This professional practice is what will set you apart from other graduates, as employers worldwide recognise the skills and practical knowledge gained through the outstanding teaching and facilities available in exercise and sport sciences at UQ. In your final year you will also undertake a research project under the guidance of an experience researcher.

Your future in exercise and sport sciences

There are many career options in exercise and sports sciences both in Australia and overseas, including:

- clinical exercise physiologist
- exercise and sport scientist
- biokineticist
- cardiac scientist
- respiratory technician
- strength and conditioning coach
- health promotion officer
- sports development manager
- corporate health and fitness advisor
- community recreation and fitness officer
- sport and exercise science research.

Where can you work?

Our graduates are eligible to enter the Clinical Exercise Physiology major.

Clinical Exercise Physiologist accreditation open to graduates of the Clinical Exercise Physiology major.

Your postgraduate options

Postgraduate study options include Coursework degrees in:

- clinical exercise physiology
- education
- sports coaching
- physiotherapy
- occupational therapy
- podiatry
- speech pathology
- graduate entry medicine.

See www.health.uq.edu.au/postgraduate for more information. Research degrees (MPhil and PhD) are also available in your area of interest. See www.health.uq.edu.au/research for details.

Are you an international student?

Standard UQ English language proficiency requirements apply for this degree. You are required as an international student to complete the degree on a full-time basis. See www.uq.edu.au/international for more information.

More information

For further information on Exercise & Sport Sciences at UQ: www.hms.uq.edu.au
Email: student.enquiries@hms.uq.edu.au
Phone: +61 7 3365 6240
www.facebook.com/UQhealth

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UQ HEALTH AT UQ UNDERGRADUATE DEGREES 2015

bachelor of

Exercise & Sport Sciences (Honours)

"As a Sport Scientist in Physiology for the Queensland Academy of Sports, I have the opportunity to travel internationally with teams." Kellie, UQ Exercise & Sport Sciences graduate. Read more at www.health.uq.edu.au/careers

practical learning

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