HEALTH AT UQ UNDERGRADUATE DEGREES 2015

Why Exercise & Nutrition Sciences at UQ?

If you have a keen interest in exercise and nutrition or are considering a career in health, this is the degree for you. Exercise and nutrition sciences offer a broad range of career options both in Australia and overseas and form the foundation for entry into a variety of clinical (where you interact with clients) and non-clinical (no client contact) programs such as exercise physiology, dietetics, nutrition, physiotherapy, medicine or sport and recreation. Keep your career options open and tailor your degree to suit your own interests. At UQ, you will benefit from our experienced, award-winning teachers who have close networks with industry, as well as access to the latest developments and research in health, exercise and nutrition.

What you will study

The Bachelor of Exercise and Nutrition Sciences looks at the whole picture of exercise, nutrition and the human body, exploring everything from jogging, to low-carb diets, human movement and athletic performance right through to the science of food. In your first year you will learn the theory and practice of applied sciences and human movement studies to prepare you for your second year, when you direct your studies towards your dream career. You will study a wide variety of subjects including human movement sciences (such as exercise physiology, biomechanics and motor control), nutrition sciences (such as dietetics, metabolism and food sciences), preventative health (such as community and public health nutrition, physical activity and health) and applied sciences (such as biophysics, chemistry and anatomy). You’ll give you the foundation to start your career in a variety of clinical and non-clinical fields including dietetics, physiotherapy and sport and recreation and you’ll learn from some of the country’s best in world-class labs and health facilities.

Your future in exercise and nutrition sciences

Many graduates combine a Bachelor of Exercise and Nutrition Sciences with a postgraduate qualification to prepare for specialised careers whilst others use their skills to gain employment within the exercise, fitness, health and nutrition sectors. With further study, this degree is your pathway into a wide range of careers including:

- Clinical careers such as: dietitian or nutritionist, exercise physiologist, physiotherapist, exercise or sport scientist, medical practitioner, speech pathologist, audiologist, occupational therapist.

- Non-clinical careers such as: sport scientist, health and physical education teacher, sports coach, health promotion officer or community health officer, sport and recreation manager, public health manager or researcher.

Your postgraduate options

The Bachelor of Exercise & Nutrition Sciences is an excellent option if you want to keep your career choices open or you don’t get into your preferred clinical degree. Use this degree as your springboard into further study to pursue a career in a variety of dynamic health professions including:

- dietetics
- physiotherapy
- clinical exercise physiology
- teaching
- occupational therapy
- sports coaching
- audiology
- speech pathology
- graduate entry into medicine.

For further information on Exercise & Nutrition Sciences at UQ, 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.

Master of Dietetics Studies

Interested in becoming a dietitian? You can fast-track your studies and become a fully accredited dietitian in 4.5 years with a Bachelor of Exercise & Nutrition Sciences/Master of Dietetics Studies. We’ll guarantee you a place in the Master of Dietetics Studies when you graduate from the Bachelor of Exercise & Nutrition Sciences, as long as you have achieved an annual Grade Point Average (GPA) of 5.0 and completed the prerequisites.

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. Visit www.uq.edu.au/international for more information.

More information

For further information on Exercise & Nutrition Sciences at UQ, visit www.health.uq.edu.au. Contact us via email at student.enquiries@hms.uq.edu.au or phone +61 7 3365 6240.