Why Exercise and 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 offers a broad range of career options both in Australia and overseas and provides the foundations for entry into a variety of clinical (where you interact with clients) and non-clinical (no client contact) postgraduate programs such as dietetics, medicine, exercise physiology, physiotherapy or sport and recreation. If your goal is medicine, this degree is a recommended entry pathway into the UQ Doctor of Medicine as it provides important foundations in the biomedical sciences, including anatomy, physiology and biochemistry. Keep your career options open and tailor your degree to suit your own interests. 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 for 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 science), preventative health (such as community and public health nutrition, physical activity and health) and applied sciences (such as biophysics, chemistry and anatomy). We will give you the foundations to start your career in a diverse range of fields, continue onto postgraduate study or move into an honours program to pursue a research area of interest. You will learn from some of the country’s best in world-class labs and health facilities.
Bachelor of
EXERCISE AND
NUTRITION SCIENCES

SAMPLE COURSES

Nutrition & Exercise
Health & Fitness Through Diet & Exercise
Exercise Physiology
Health Promotion: Perspectives & Practice
Biochemistry of Metabolism in Health and Disease

Understanding Population Nutrition
General, Organic & Biological Chemistry
Biomechanics
Advanced Nutrition Sciences
Anatomical Basis of Human Movement

Your future in Exercise and Nutrition Sciences
Many graduates commonly combine a Bachelor of Exercise and Nutrition Sciences with a postgraduate qualification to prepare them for specialised careers, while 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.

Clinical careers
- Dietitian or nutritionist: the Bachelor of Exercise and Nutrition Sciences is a recommended pathway to study dietetics at UQ.
- Medicine: the Bachelor of Exercise and Nutrition Sciences is a recommended pathway to study medicine at UQ. If you receive a provisional place into the Doctor of Medicine, this program is open to you. If you don’t receive a provisional place you can complete the Exercise and Nutrition Sciences degree, sit the GAMSAT exam and apply for graduate entry into medicine.

Other clinical careers (after further study):
- exercise physiologist
- physiotherapist
- exercise or sport scientist
- speech pathologist
- audiologist
- occupational therapist.

Non-clinical careers (after further study):
- 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 and Nutrition Sciences can give you the foundations to apply for entry into a range of postgraduate and graduate entry degrees such as:
- Master of Dietetics Studies
- Doctor of Medicine
- Master of Physiotherapy Studies
- Master of Clinical Exercise Physiology
- Master of Occupational Therapy Studies
- Master of Sports Coaching
- Master of Audiology Studies
- Master of Speech Pathology Studies
- Master of Health Economics
- Graduate Diploma in Education. Honours is available as an additional year of study should you wish to pursue research in an area of interest.

Master of Dietetics Studies
You can fast-track your studies and become a fully accredited dietitian in 4.5 years with a Bachelor of Exercise and Nutrition Sciences/Master of Dietetics Studies*. We will guarantee you a place in the Master of Dietetics Studies when you graduate from the Bachelor of Exercise and Nutrition Sciences, as long as you have achieved an annual Grade Point Average of 5.0 and completed the necessary prerequisites. If you don’t receive a provisional place in the Master of Dietetics Studies you can complete the Bachelor of Exercise and Nutrition Sciences and apply for the Master of Dietetics Studies.

International students
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.

For more information on Exercise and Nutrition Sciences at UQ:
www.hmns.uq.edu.au
Email hmns@uq.edu.au
Phone +61 7 3365 6240

For more information and other Health program details please see:
www.health.uq.edu.au/careers
UQhealth