Why Exercise and 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 fitness and exercise, sports, recreational and other intensive physical activities. 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 Exercise and Sports Science Australia (ESSA)*.

What you will study

The Bachelor of Exercise and Sport Sciences (Honours) provides a strong foundation in human movement and exercise including anatomy, biomechanics, motor control, exercise physiology, exercise and sport psychology, physical activity and health, sports medicine and exercise prescription. In your third year you can select electives to direct your studies towards a specialisation of your choice such as corporate and community health, strength and conditioning, sports performance or clinical exercise testing. 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 experienced researcher.
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. 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.

Who will recognise your qualifications?

- Exercise and Sports Science Australia (ESSA): membership open to graduates and accreditation as an exercise scientist is available. Clinical Exercise Physiologist accreditation open to graduates of the Clinical Exercise Physiology major.

Your postgraduate options

Coursework degrees are available in:
- clinical exercise physiology
- education
- sports coaching
- physiotherapy
- occupational therapy
- podiatry
- speech pathology
- graduate entry medicine.

Research degrees (MPhil and PhD) are also available in your area of interest.

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.

* Re-accreditation of this degree will be sought in 2015