Bachelor of Exercise and Sport Sciences (Honours)

Study exercise and sport sciences at UQ and discover how to improve performance, health, and participation in exercise and physical activity. As an Accredited Exercise Scientist, you will help build healthier communities and stronger athletes through training, coaching, advice and research.

Why study the Bachelor of Exercise and Sport Sciences (Honours) at UQ?

Would you like to help elite athletes be the best they can be, get your community fit and healthy, or rehabilitate injury in healthy people wanting to be more physically active? Study the Bachelor of Exercise and Sport Sciences (Honours) at UQ and you’ll develop the expertise to become a professional leader in the field. Accredited Exercise Scientists (AES) help people recover from injury, maximise the performance of elite athletes, promote healthy ageing and generally improve people’s health and wellbeing.

UQ’s Bachelor of Exercise and Sport Sciences (Honours) explores the complex nature of human movement and how the body reacts to acute and chronic physical activity pursuits such as general fitness regimens, recreational activities and elite sports. You will have the opportunity to study the biology, technology, behaviour and best practices that underpin exercise and sport sciences, as well as:

- graduate with a highly respected honours qualification
- focus your study on a specialisation of your choice such as elite athlete development, sports conditioning and performance, clinical measurements, or corporate and community health and fitness
- gain 500 hours of practical placements that provide hands-on experience with real clients in a supervised environment
- benefit from the latest industry equipment in the school’s own specialist biomechanics, motor control, exercise physiology and strength conditioning laboratories and health clinics.

As a graduate, you will be eligible to apply for membership of the peak national accrediting body, Exercise & Sports Science Australia (ESSA) as an Accredited Exercise Scientist (AES) and an Accredited Sport Scientist (ASpS).

Practicals, placements and internships

Your practical placements will take place in a range of settings including sporting academies and institutes, professional sporting teams (e.g. Brisbane Broncos, Queensland Firebirds and Brisbane Roar), hospitals and local government, and a variety of healthcare organisations and fitness facilities. You will apply your theoretical knowledge to practice and develop your skills in real-life settings. A variety of sesonal practical experiences are available from your second year and before commencing your full-time block placements in year 3 and year 4.

Students may receive the opportunity to undertake a practical placement outside of the Brisbane metropolitan area. In these cases, students fund all or part of their travel, accommodation and living expenses.
Career outcomes

Career opportunities are varied and may include developing strength and conditioning programs to assist elite athletes and sporting teams, prescribing and delivering exercise and physical activity programs in the fitness industry, delivering workplace health promotion and executive health management programs, or conducting diagnostic measurements (cardiac, sleep, respiratory or neurophysiology) in hospitals or other clinical services.

Career options include:
- Accredited Exercise Scientist
- Accredited Sport Scientist+
- biomechanist
- cardiac scientist
- community recreation and fitness officer
- corporate health and fitness adviser
- health promotion officer
- researcher/academic
- respiratory technician
- strength and conditioning specialist.

Professional memberships

Graduates may be eligible for membership with the following professional body:
- Exercise & Sports Science Australia.

Accreditation body

- Exercise & Sports Science Australia.

Completion of the degree may not result in graduates receiving automatic accreditation. Please contact the registration body for details of any conditions for registration.

Additional costs

Annual CPR recertification (approx. $55); First Aid Certificate (including CPR) (approx. $155); costs for vaccinations and serology are the responsibility of the student and will vary based on individual requirements.

Your postgraduate options

Coursework degrees are available in:
- Master of Clinical Exercise Physiology
- Master of Audiology Studies
- Master of Public Health
- Master of Sports Coaching
- Doctor of Medicine.

Higher degrees by research (MPhil and PhD) are also available in your area of interest. See future-students.uq.edu.au for more information.

For more information

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KEVIN TAN CHUN LIANG
Bachelor of Exercise and Sport Sciences (Honours) student, Singapore

“I had a chance to be part of a University Immersion Program, which allowed me to come to Australia to visit universities, UQ left the most lasting impression, the facilities were really top notch, and the way the tutor was teaching the lab session really stood out to me. The support of sport and research in this area was really what made me want to pursue a degree here. The lectures and tutorial content of each course are well thought out and provide a clear understanding of the content. I definitely recommend UQ, the support and opportunities provided as a student are something that you may not get everywhere. I believe that taking my degree here will improve my job opportunities.”

SAMPLE COURSES

- Biomechanics
- Developing the Elite Athlete
- Exercise Physiology
- Exercise Science Professional Skills
- Motor Control and Learning
- Sports Medicine of Physical Activity

UQ Bachelor of Exercise and Sports Sciences (Honours) students share their experiences of being on placement at the Brisbane Broncos.
vimeo.com/255842097