BACHELOR OF EXERCISE SCIENCE

Why choose this program?

The health, rehabilitation, sports and fitness industries are growing rapidly as more people and organisations rely on specialist advice in these areas.

This program provides the strong foundation in the physical, biomedical and psychological sciences that you'll need to become an exercise specialist, or to undertake further studies in the health, education and sporting-related professions.

Teaching focuses on practice and problem solving, so that you can readily apply your knowledge and skills. Particular attention is given to the scientific basis of human performance and the role of exercise in health maintenance and rehabilitation.

Career opportunities

The knowledge you gain in this area of study opens a wealth of career options ranging from the health, rehabilitation and sports and fitness industries to working as a clinical scientist specialising in cardiac, respiratory and sleep medicine.

Other options include working as an exercise specialist for community or sports organisations, in medical sales, as a rehabilitation, sports or recreation manager, a sports science administrator, strength and conditioning coach, or as an occupational health and safety officer.

Completion of this program gives graduates the opportunity to apply for entry into the Doctor of Physiotherapy* as well as further educational opportunities in medicine and a range of allied health professions such as a sports coach, sports nutritionist/dietitian, exercise biochemist or clinical biomechanist. You will also be eligible to apply for entry to a Graduate Diploma of Education, Graduate Certificate in Sports Coaching articulating into Master of Sports Coaching or the Graduate Certificate in Sport and Exercise Medicine articulating into the Master of Sport and Exercise Medicine.
[*] subject to Australian Physiotherapy Council accreditation