

# Bachelor of Sport and Exercise (BSES) - BSportEx New

QTAC code (Australian and New Zealand applicants): Toowoomba campus: 906111; Ipswich campus: 926111; Distance education: 926115

	On-campus <sup>^+</sup>	Distance education	Online <sup>^</sup>
<b>Semester intake:</b>	Semester 1 (February) Semester 2 (July)		Semester 1 (February) Semester 2 (July)
<b>Campus:</b>	Ipswich, Toowoomba	-	-
<b>Fees:</b>	Commonwealth supported place		Commonwealth supported place
<b>Residential school:</b>	Compulsory		Compulsory
<b>Standard duration:</b>	3 years full-time; 6 years part-time		
<b>Program articulation:</b>	To: <a href="#">Graduate Certificate of Sport and Exercise</a>		

## Notes:

For all modes there will be on-campus and practical attendance requirements for some courses. In order to successfully complete the program, students must be able to fulfil practical attendance requirements.

## Footnotes

<sup>^</sup> This program will be available as a first year entry program at both Springfield and Toowoomba in 2015. If you wish to articulate or transfer from another program, University or TAFE, please arrange to meet with the Faculty of Health, Engineering and Sciences. This can be arranged by emailing [usq.support@usq.edu.au](mailto:usq.support@usq.edu.au).

<sup>+</sup> From 2016 this program is only available to International on-campus and off-campus students in Australia. This program is not available to international students overseas.

## Contact us

Future Australian and New Zealand students	Future International students	Current students
<a href="#">Ask a question</a> Freecall (within Australia): 1800 269 500 Phone (from outside Australia): +61 7 4631 5315 Email: <a href="mailto:study@usq.edu.au">study@usq.edu.au</a>	<a href="#">Ask a question</a> Phone: +61 7 4631 5543 Email: <a href="mailto:international@usq.edu.au">international@usq.edu.au</a>	<a href="#">Ask a question</a> Freecall (within Australia): 1800 007 252 Phone (from outside Australia): +61 7 4631 2285 Email <a href="mailto:usq.support@usq.edu.au">usq.support@usq.edu.au</a>

## Professional accreditation

The Bachelor of Sport and Exercise, Applied Sport and Exercise major does not have Exercise and Sports Science Australia (ESSA) accreditation.

The Sport and Exercise Science (extended major) will be available from 2016 and will provide for external ESSA accreditation.

Students who have successfully completed the first year of the Applied Sport and Exercise major in accordance with the recommended enrolment pattern may continue with their program pathway or transfer to the Sport and Exercise Science (extended major pathway) in 2016.

## Program aims

The Bachelor of Sport and Exercise (BSES) program aims to allow students to develop or extend their knowledge

health, exercise, sports and fitness industry such as sports coaches, personal trainers, sports and recreation development officers, exercise physiologists, sports performance directors or a range of other roles.

### **Program objectives**

On completion of the program graduates will be able to demonstrate:

- (1) Competent level of discipline knowledge and skills relevant to health, exercise and fitness and sports performance across the lifespan.
- (2) High level of understanding of exercise related issues and circumstances of individuals and groups, including sports performers and those with disabilities, chronic diseases and from a range of age groups across the lifespan.
- (3) Well-developed practical skills relevant to laboratory, clinical and field situations in the sport and exercise area.
- (4) High level of commitment to evidence-based practice, good communication skills, professional development and research.
- (5) Competent lev

## Sport and Exercise Science (extended major)

This extended major consisting of 23 defined courses and one elective is available from 2016 and will be subject to accreditation with ESSA.

Students undertaking the Applied Sport and Exercise major pathway in 2015 may transfer to the Sport and Exercise Science extended major in 2016 if they are interested in this pathway alternative.

## Program completion requirements

To be eligible to graduate, students must have completed 24 courses and met the requirements of the program.

## Required time limits

Standard – 3 years full-time; 6 years part-time

Maximum – 8 years

## Core courses

<b>Core courses for both majors</b>
<a href="#">CMS1000 Communication and Scholarship</a>
<a href="#">PSY1010 Foundation Psychology A</a>
<a href="#">EDH2152 Health and Wellbeing</a>
<a href="#">EDH4259 Sociology of Sport</a>
<a href="#">EDH2253 Biophysical Foundations of Sport and Physical Activity</a>
<a href="#">BIO1203 Human Anatomy and Physiology</a>
<a href="#">BIO1100 Biology Concepts</a>
BIO2203 Human Physiology
<b>Courses for the Applied Sport and Exercise Major (plus eight electives)</b>
SES2101 Growth, Development and Lifespan
SES2102 Motor Control and Learning
SES2201 Health, Exercise and Sport Assessment
SES2202 Biomechanics
SES3101 Exercise Prescription and Practice
<a href="#">PSY3250 Sport Psychology</a>
<a href="#">BIO3333 Cardiorespiratory and Sports Physiology</a>
<a href="#">SES1299 Professional Placement 1#</a>
SES2299 Professional Placement 2*#
SES3299 Professional Placement 3+#
<b>Courses for the Sport and Exercise Science extended major (In addition to all courses above) (plus one elective)</b>
SES2103 Functional Anatomy*
SES2204 Strength Training and Conditioning*
SES2203 Physical Activity and Health*
SES3102 Principles of Sports Medicine and Rehabilitation+
SES3103 Nutrition and Exercise+
SES3201 Exercise Program Delivery+

## SES3204 Introduction to Research Methods and Statistics+

### Footnotes

- # SES1299, SES2299 and SES3299 add up to complete the 140 hours of professional practice. Please note in regards to HECS these three courses only make up one HECS course not three individual HECS courses.
- \* To commence in 2016
- + To commence in 2017

### Major studies

The Bachelor of Sport and Exercise (BSES) has two pathways:

**Applied Sport and Exercise major** – this major contains eight core courses and eight sport and exercise courses (for a major area of study) and a further eight elective courses that can be selected from some sport and exercise disciplines and/or other areas of relevance to student goals. Please note that this major is not externally accredited through ESSA (Exercise & Sports Science Australia).

**Sport and Exercise Science extended major** – this major contains 23 core courses and one elective. This major is now subject to ESSA provisional accreditation.

### Elective courses

Some electives:

Course Name
<a href="#">EDH2151 Practical Studies in Sport and Physical Activity</a>
<a href="#">EDH3256 Sports Organisation Management and Coaching</a>
<a href="#">ACC1101 Accounting for Decision-Making</a>
<a href="#">MGT2001 Management of Workplace Health and Safety</a>
<a href="#">MGT1001 Foundations of Human Resource Management</a>
<a href="#">LAW1101 Introduction to Law</a>
<a href="#">TOU3010 Event Management</a>
<a href="#">TOU1003 Tourism Management</a>
<a href="#">EDH2254 Pedagogy in Sport, Health and Physical Education</a>
<a href="#">EDH3258 Humans in Movement</a>
<a href="#">BIO1204 Introduction to Biomedical Sciences</a>
<a href="#">BIO2118 Human Physiology and Pharmacology 1</a>
<a href="#">BIO1104 Medical Microbiology and Immunology 1</a>
<a href="#">BIO1103 Pathology Studies</a>

**Note:** A comprehensive range of other electives will be available for study with approval. For students undertaking the Applied Sport and Exercise major, additional electives in particular areas of study will be available to assist in special areas of study. Some areas of special study include; law, business, public relations, journalism, biomedical sciences, psychology, and sport, health and physical education. Unless approved only three (3) electives can be taken at the first year level.

### Practical experience

To be eligible to graduate from the Bachelor of Sport and Exercise, students must complete 140 hours of professional practice placement during the program of study. Students will complete 40 hours in the first year (SES1299), 40 hours in the second year (SES2299) and 60 hours in the third year of study (SES3299).

All professional placements are subject to approval. Students will be provided with a list of possible sites or may seek placement at a site with approval. Students will not contact sites seeking professional placement. The student is responsible to meet all costs associated with the conduct of practical experience.

The 140 hours of professional experience must be gained in areas of sport and exercise performance, workplace health, hospital or clinical services, sports coaching and in sport and exercise research. A combination of  
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**Footnotes**

^ Available on-campus at Toowoomba, Fraser Coast and Ipswich

\* This course is no longer part of the program for students commencing in 2016

[SES1299](#), [SES2299](#) and [SES3299](#) add up to complete the 140 hours of professional practice. Please note in regards to HECS these three courses only make up one HECS course not three indi



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