

Bachelor of Sport and Exercise (BSES) - BSportEx

QTAC code (Australian and New Zealand applicants): Toowoomba campus: 906111; Ipswich campus: 936111;
External: 906145

CRICOS code (International applicants): 084354A

Program objectives

On completion of the program graduates will be able to:

- (1) Demonstrate competency and discipline knowledge and skills relevant to health, exercise and fitness and sports performance across the lifespan.
- (2)

Australian citizens, Permanent Humanitarian Visa holders, Permanent Resident visa holders and New Zealand citizens who will be resident outside Australia for the duration of their program pay full tuition fees and are not eligible for [FEE-Help](#).

International full fee paying place

International students pay full fees. Full fees vary depending on the courses that are taken and whether they are studied on-campus, via distance education/online. You are able to calculate the fees for a particular course via the [Course Fee Finder](#).

Program structure

Applied Sport and Exercise major

SES2299 Professional Placement 2#
SES3299 Professional Placement 3+#
Courses for the Sport and Exercise Science major (In addition to all courses above)
SES2103 Functional Anatomy
SES2204 Strength Training and Conditioning
SES2203 Physical Activity and Health
SES3102 Principles of Sports Medicine and Rehabilitation+
SES3103 Nutr535.74um.8d4.428 640.72 lhf59.5640.72l535.648 727.62 lcS2299 Professional 2gth

Only students undertaking the Applied Sport and Exercise major will have electives available. 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.

Students completing the Applied Sport and Exercise major can take or seek exemption for 8 electives. Unless approved by the Program Coordinator students may take no more than 3 Level 1 electives and must take a least 1 Level 3 elective.

Practical experience

To be eligible to graduate from the Bachelor of Sport and Exercise, students must complete 120 hours of professional practice placement during the program of study. Students will complete 20 hours in the first year ([SES1299](#)), 20 hours in the second year ([SES2299](#)) and 80 hours in the third year of study ([SES3299](#)).

All professional placements are subject to approval in accordance with Professional Experience Placement Office rules and guidelines. 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 120 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 experiences in a variety of settings and with different populations is expected during the program of study.

In the total of 120 hours of professional practice it is expected that there be a minimum of 60% of time for face-to-face delivery, a maximum of 35% of preparation for exercise service delivery and maximum of 5% on administration duties.

The supervisors for the professional practice will be required to meet professional ESSA qualification standards as set by USQ or will be assessed by the Program Coordinator for relevant qualification and experience prior to appointment. Supervisors will complete a student evaluation for the professional practice.

Students must have successfully completed the entire previous year's professional experience courses before completing the next professional placement course. This will include the completion of appropriate documentation as well as the submission of relevant reports. Students must be available for a prescribed period of time to undertake a placement in an approved site as required in order to complete the requirements of this course.

Students will need to keep a logbook record of professional practice experiences along with supervisor details. This logbook will be provided to the student at the beginning of their professional practice and will then to be returned to the professional practice course examiner for approval after each professional practice course.

The acceptability or otherwise of employment experience, and the period of that type of experience that may be credited towards the 120 hours, will be determined by the Course Examiner of [SES1299 Professional Placement 1](#).

All professional placements are subject to the approval of the Program Coordinator. State law in Queensland (Australia) requires that all adults working/undertaking professional experience/researching with children under the age of 18, in the state of Queensland are required to possess a [current suitability card \(Blue Card\)](#). Additionally, it is a USQ requirement that students have completed a cardiopulmonary resuscitation (CPR) course and it is strongly encouraged a First Aid course prior to professional placement. Students will also be required to wear USQ Sport and Exercise shirts and display a student ID card at all times during professional placement. Students must comply with the code of conduct as outlined in the Sport and Exercise professional placement handbook.

IT requirements

Students must have reliable and ready access to email and the Internet. Broadband access is required for the four compulsory core courses. For information technology requirements, please see the [minimum computing standards](#).

Residential schools

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 of a one week residential school in Year 1, 2 and 3.

Articulation

The Bachelor of Sport and Exercise does not articulate to any other program. However, graduates may be interested in applying for and seeking up to four units worth of credit in the [MSCN Master of Science](#) (Sport and Exercise).

Related programs

[BEDU Bachelor of Education](#) (Sport, Health and Physical Education specialisation)

Exit points

- Associate Degree of Sport and Exercise (ADSE) after 16 approved courses
- Diploma of Sport and Exercise (DSES) after eight approved courses

Credit

Exemptions/credit will be assessed based on the [USQ Credit and Exemption Procedure](#).

Course transfers

Courses may be transferred to other programs; students should consult the relevant Faculty.

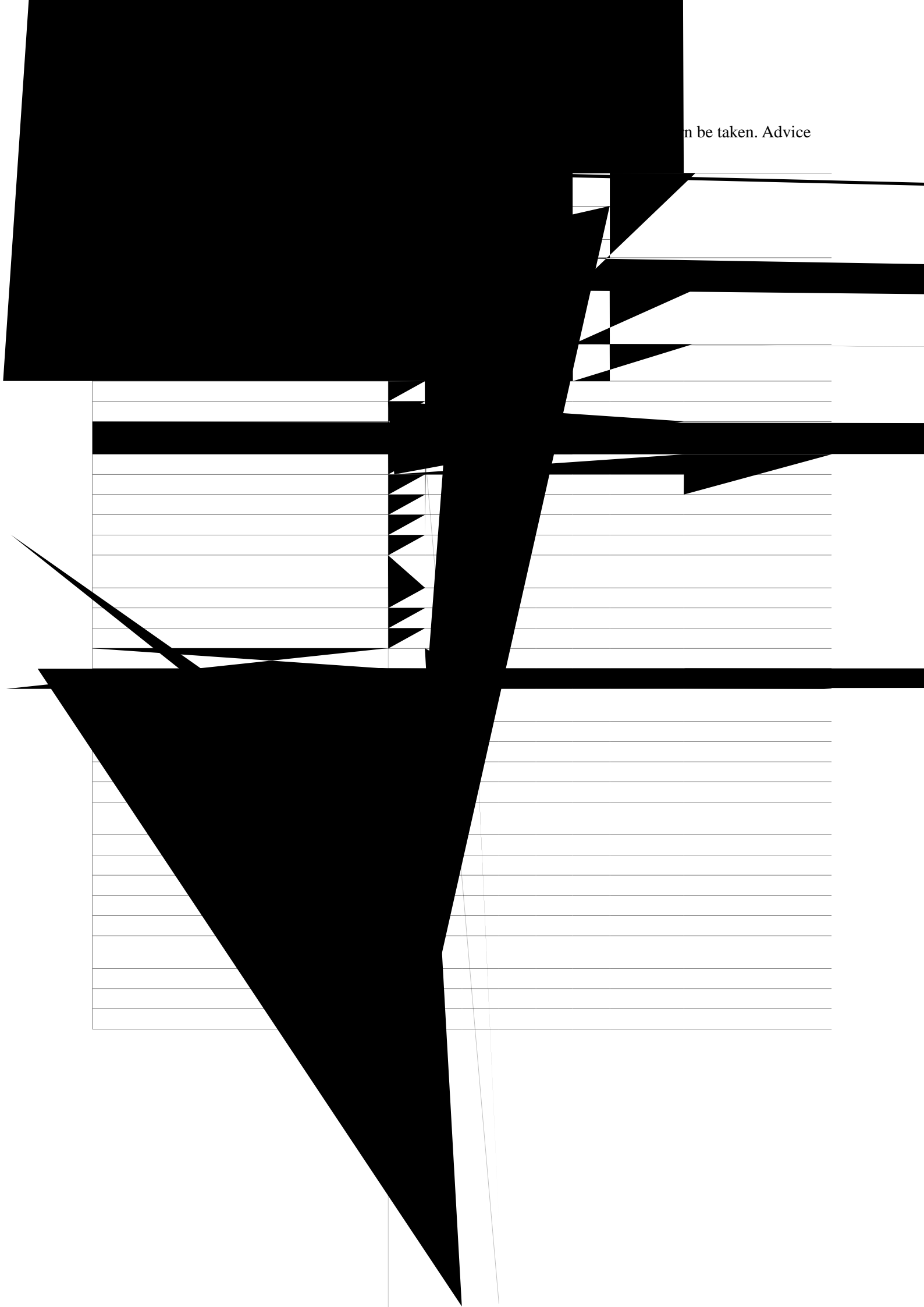
Applied Sport and Exercise major recommended enrolment pattern - Semester 1 entry

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Note: The enrolment pattern outlined provides the opportunity for students to seek reverse articulation to a nominated service provider (AFB) for a Certificate III in Fitness after the completion of the first year of study. Additional requirements of a First Aid Certificate and CPR qualification are required. Some short course or other requirements independent of university courses may in some cases need to be completed.

For full-time students who commenced in Semester 1 2015, please refer to the 2015 Handbook for the recommended enrolment pattern. For part-time students who commenced in 2015 and have not completed courses that have changed, it is recommended that courses in the 2016 enrolment pattern be taken. Advice regarding individual enrolment patterns is available.

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Sport and Exercise Science major recommended enrolment pattern - Semester 1 entry

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Note: The enrolment pattern outlined provides the opportunity for students to seek reverse articulation to a nominated service provider (AFB) for a Certificate III in Fitness after the completion of the fi

